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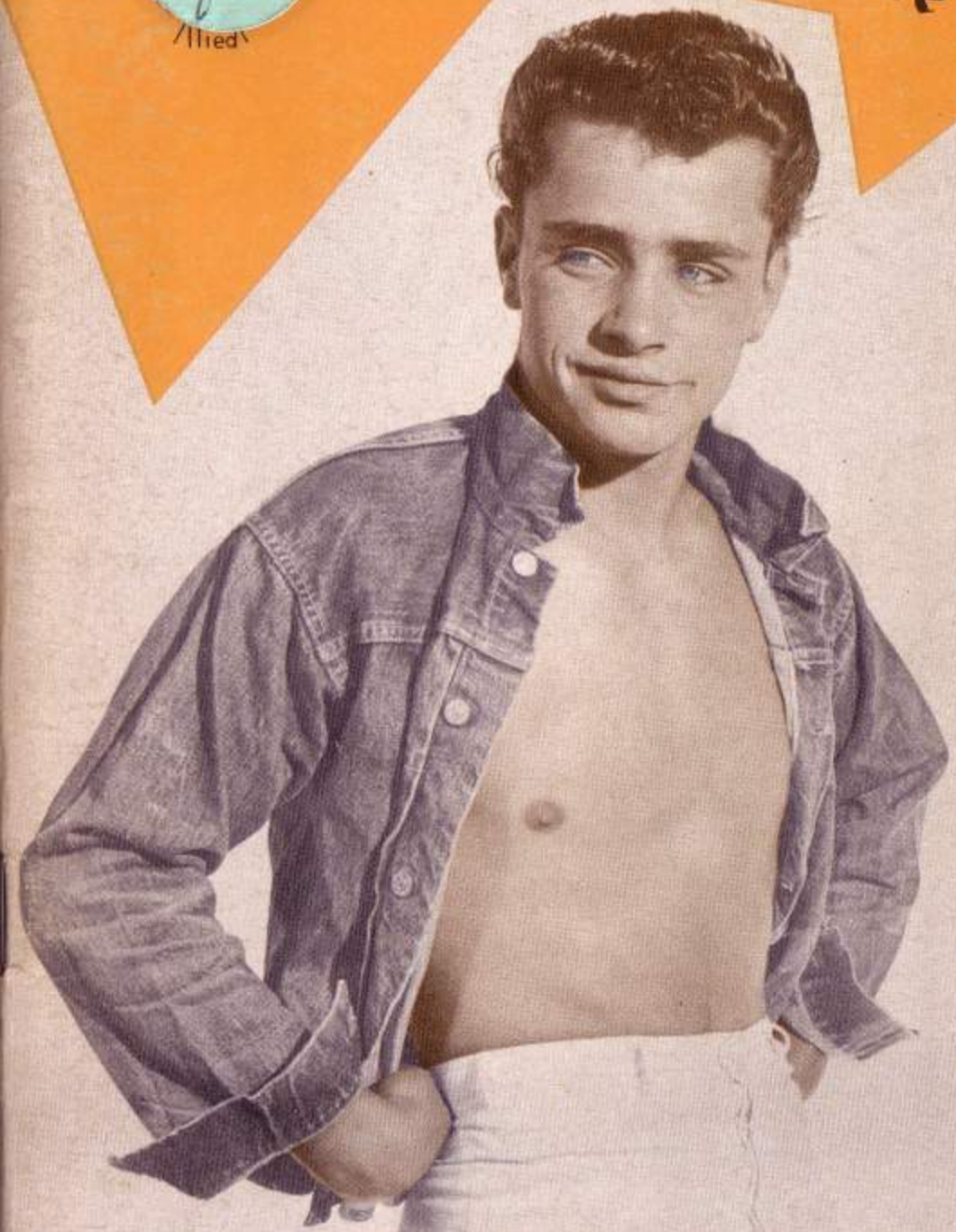

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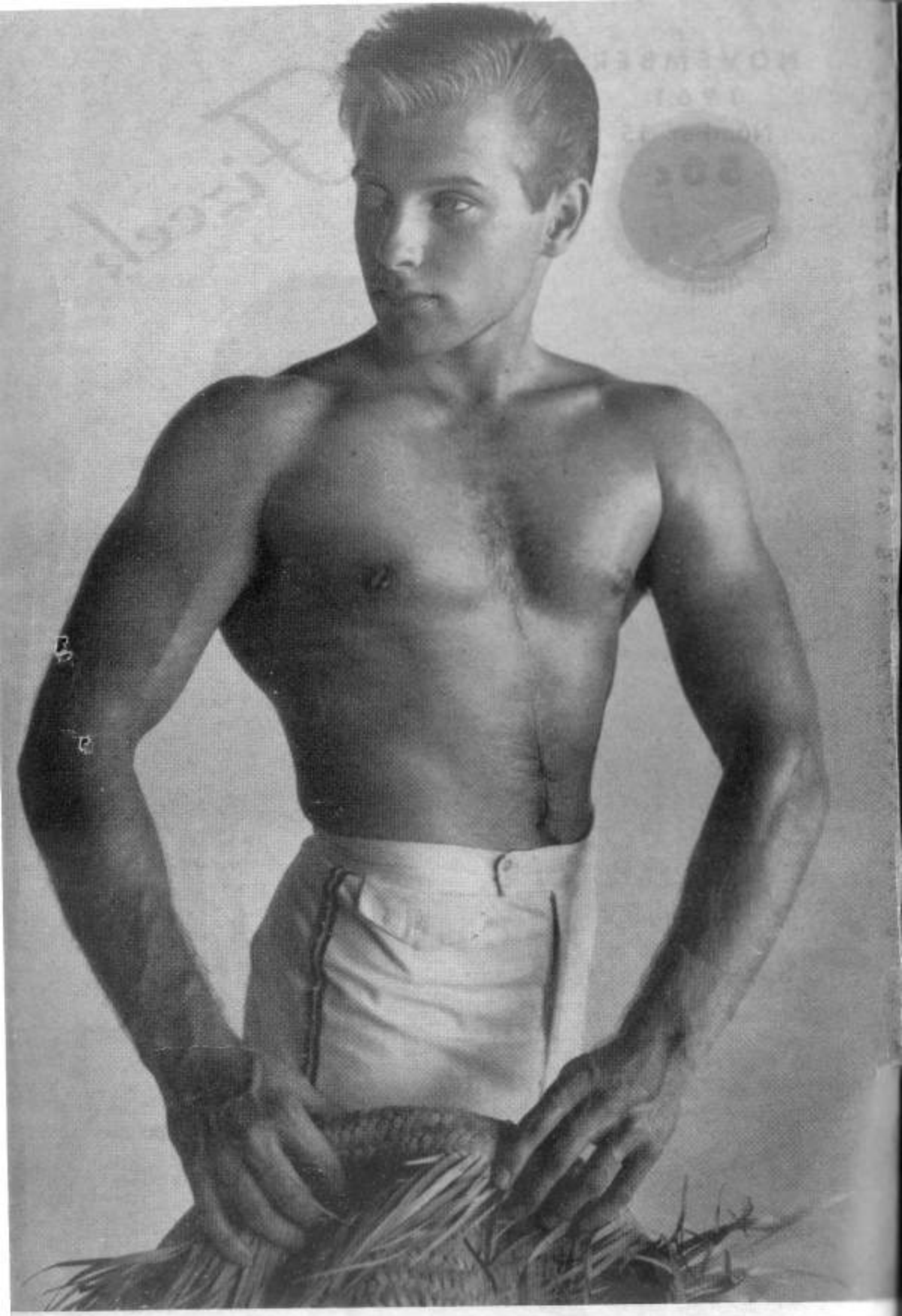

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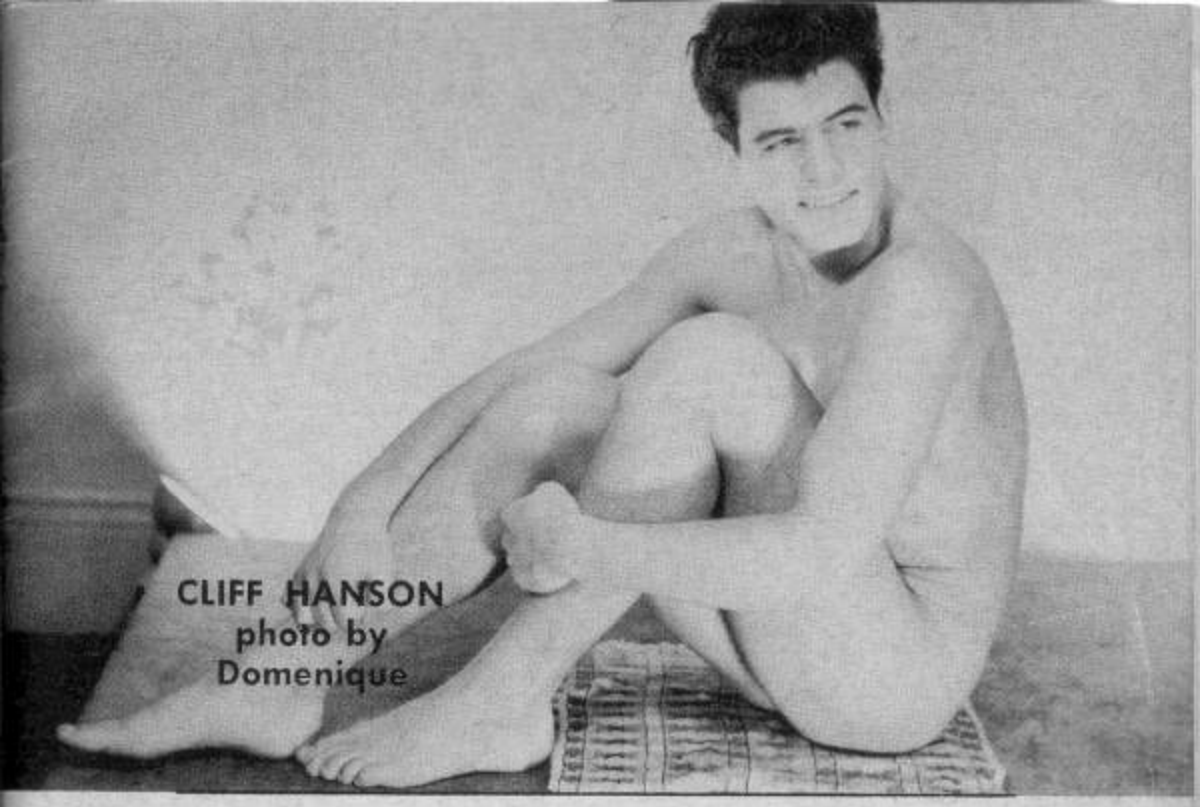

COVERMAN: Youthful teenager RICHARD DONNE. Photos by CAL-MODELS.

FIZEEK • Number 15 • November 1961

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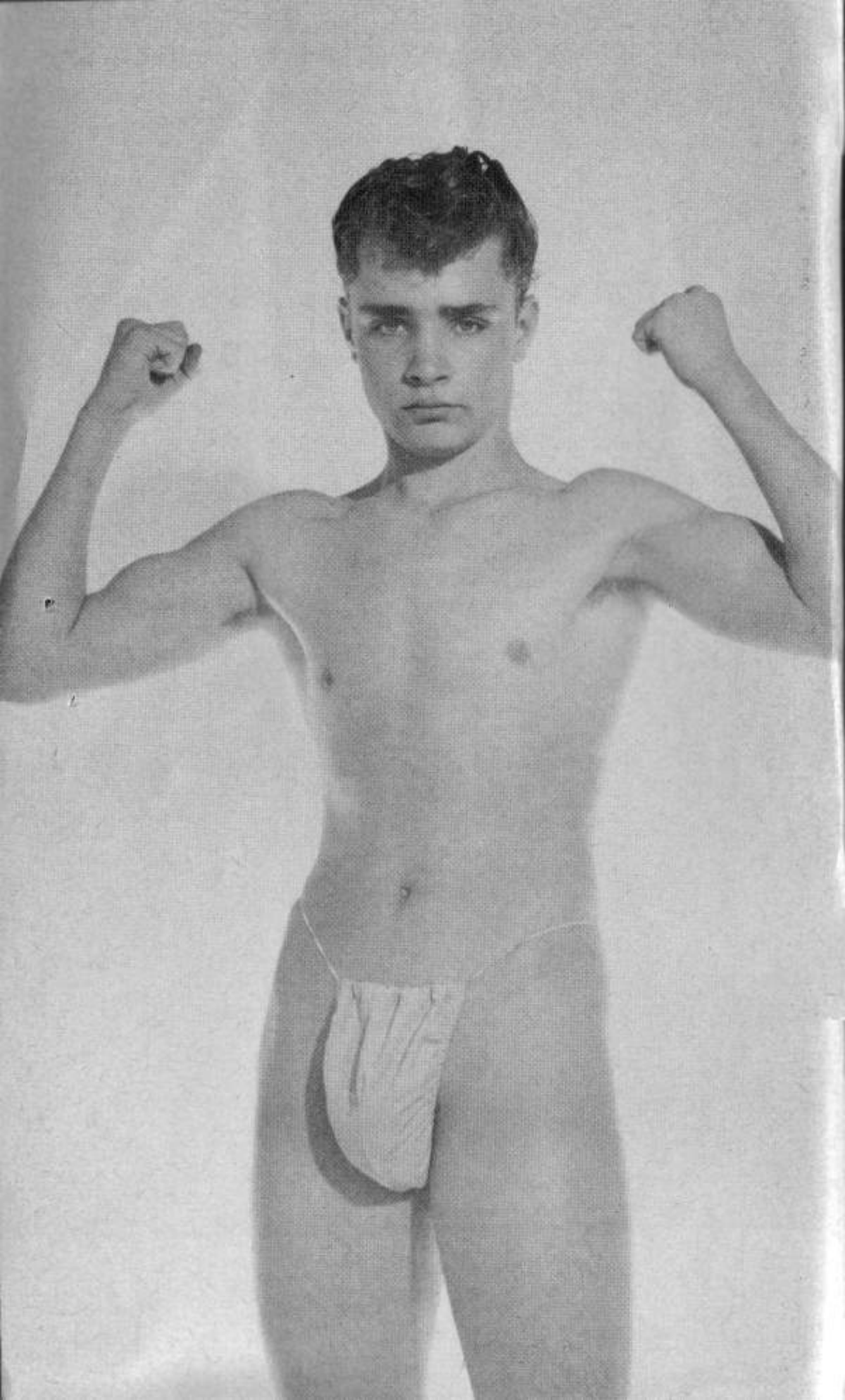
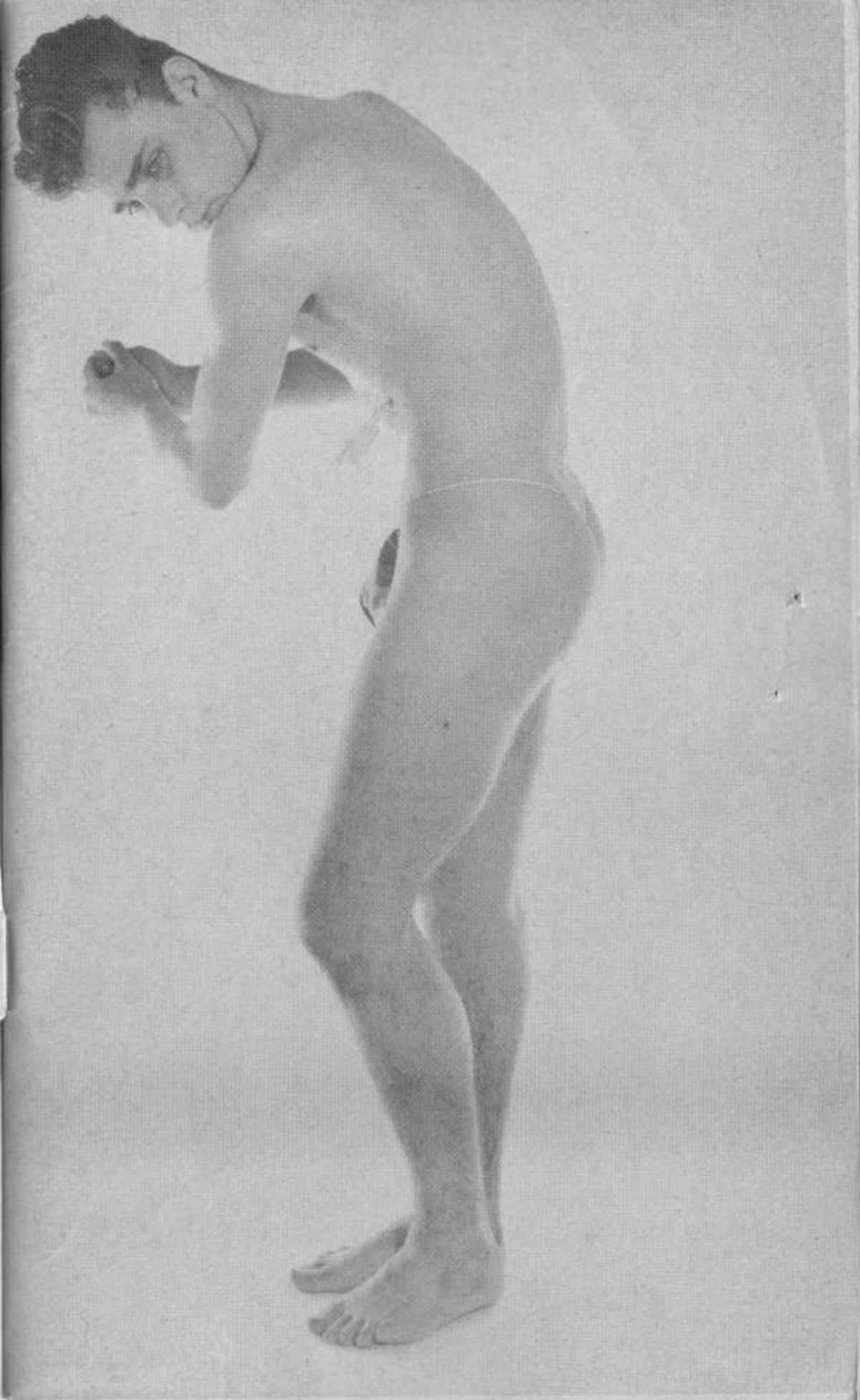




KNOW YOUR body

by CARLSON WADE

(CHAPTER 4)

Let's examine your circulatory system and see its connection to bodybuilding. The functions of the circulatory system are to transport blood to all parts of the body, to remove waste products for disposal and to deliver protecting and repairing substances where needed. This system is composed of the heart, veins, arteries and capillaries.

1. **THE HEART.** This force pump is divided into a right half and a left half. The right half pumps blood to the lungs. The left half supplies the various body systems. The four chambers of the heart are the right auricle, right ventricle, left auricle and left ventricle. The heart is a little larger than your fist and is located in the left center of the thoracic region between the two lungs.

2. **THE BLOOD VESSELS.** The vessels carrying blood away from the heart are the arteries which eventually divide into capillaries, the very small vessels through which diffusion and osmosis takes place. The capillaries gradually increase in size until the veins are formed. Veins carry impure blood back to the heart.

Your heart is the chief organ of circulo-respiratory endurance. The lungs transmit the oxygen from the air to the blood, but it is the heart that propels this blood to the tissues through the blood vessels. If the heart lacks the capacity or slows down so much that the blood does not get around to the muscles, you begin to feel exhausted and tired.

Your heart itself is a muscular organ! It is developed by exercise just as is any other muscle. But you cannot single out your heart for specific exercises. But if you exercise vigorously enough to make your heart beat steady and hard, then your heart is exercised along with other muscles that are brought into play. This means that in every conditioning program you must have some exercises that will develop "wind," namely exercise of speed, carried out over a long period of time. This type of exercise helps to develop your heart.

During steady exercise, the heart beat tends to become slower in rest period. Each heart beat pumps out a greater amount of nourishing blood. This is called a "stroke volume." A very desirable condition because it enables your heart to pump more blood but with a slower and milder contraction rate. The contraction of the heart is a vigorous one but when the heart is expanding or is in "diastole" or swift contraction, there is momentary rest. Other things being equal, the greater the time for this momentary rest, the longer your heart will be able to beat under the same exercise demand without undue fatigue.

The athlete who is in good physical condition shows a healthy blood pressure in his veins than the fellow who does not exercise. This increase in venous pressure caused by exercise can actually prolong your life! A pump can move only the amount of fluid that is available to it. In like manner, your heart can pump out into the arteries only the blood that comes to it through the veins. If the pressure in the vein leading into the heart is too low, then the auricle will not fill on the right side and there is not enough blood reaching the ventricle to be pumped forward into your system.

The circulation of your body may be divided into 3 parts: the *general circulation* to the body as a whole; the *portal circulation* which is the circulation to the abdominal or digestive organs, the liver, and other internal organs; and *pulmonary circulation*, which is the circulation in the lungs.

If you are in poor condition, the sympathetic nerves controlling portal circulation become sluggish. You tend to have an excess of blood in the vessels of your stomach. If you are called upon to do heavy work or even emotional pressure, you may experience what is called *temporary brain anemia.* If it is serious, it can cause dizziness and fainting! Or, just general weakness. Exercise helps to stimulate the sympathetic control of this portal area and press out the blood again into the general circulation.

In regular exercise where there is a great deal of forced breathing, return of the blood to your heart is much easier. When you take a deep breath, the pressure within the thorax is lessened, hence it "sucks" the blood

towards the heart. When you breathe out, the valves in the peripheral veins and the increased intra-abdominal pressure prevent that blood from running back away from the heart. More blood comes to the heart under such forced breathing.

YOUR RED BLOOD CELLS

Red blood corpuscles or cells are tiny circular plate shaped discs. One hundred of these cells in single file would barely reach across the head of a common pin. The principle purpose of red cells is to carry oxygen. In order to meet varied conditions, your body manufactures a temporary increase in the number of red cells.

When exercise of a strenuous nature is maintained over a prolonged period of time and engaged in regularly, the blood vessels within the muscular tissue itself increase in number. This increase is partly in the number of new capillaries which increase as much as 50 per cent in the same volume of muscles. It is also due to the opening of the sluggish, inactive capillaries which, when combined with the new capillaries, may increase the capillary circulation as much as 400 per cent.

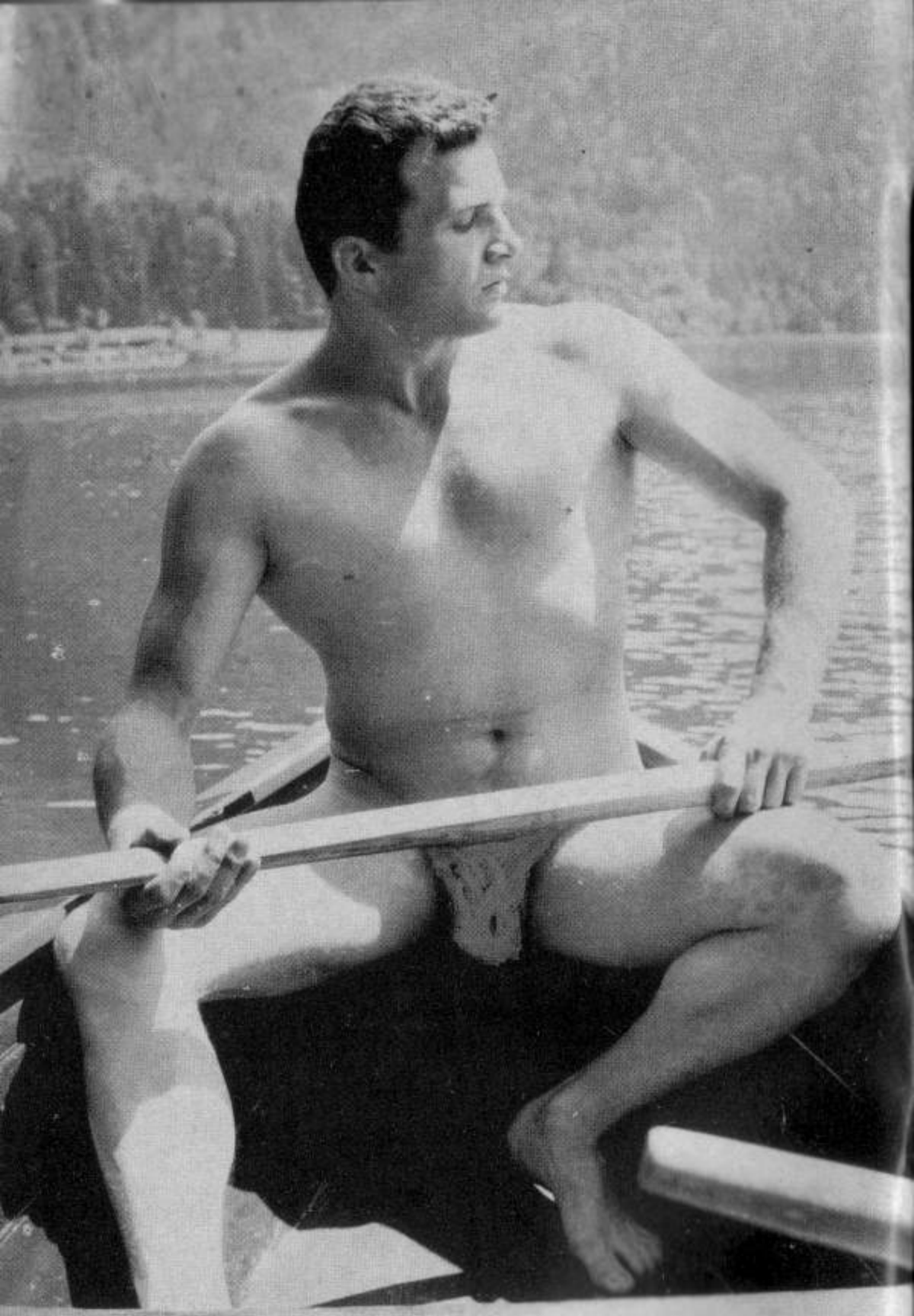
This gives a much greater supply of food materials and oxygen to the muscles, thereby increasing its endurance. It takes between 8 to 12 weeks of daily exercise for this increase to take place in younger trainees. A longer period may be required for those who are over 26 years of age. To be effective, exercise must be regular. Professional trainees who want to condition themselves rapidly should train twice a day, 2 hours in the early part of the day, 2 hours in the late afternoon, close to dusk.

But if there follow about 8 to 12 weeks of inactivity or very light activity, these extra new capillaries are again absorbed and disappear.

The crest load is important in circulatory development. When you reach the peak of training time, where you can continue exercising for, let's say, 90 minutes, without feeling tired, this is your "crest load." If you increase the exercise time, you may run into an excess of what is called "oxygen debt," that is—you develop more lactic acid than you can resynthesize back into blycogen; thus, you are forced to stop your exercise. This is important in physical training. Note when your "crest load" is reached and finish exercising at that point to avoid fatigue and exhaustion. Exercise has the purpose of improving your health, not wearing you out. So observe your "crest load."

(To be continued)

Next Issue: YOUR RESPIRATORY SYSTEM



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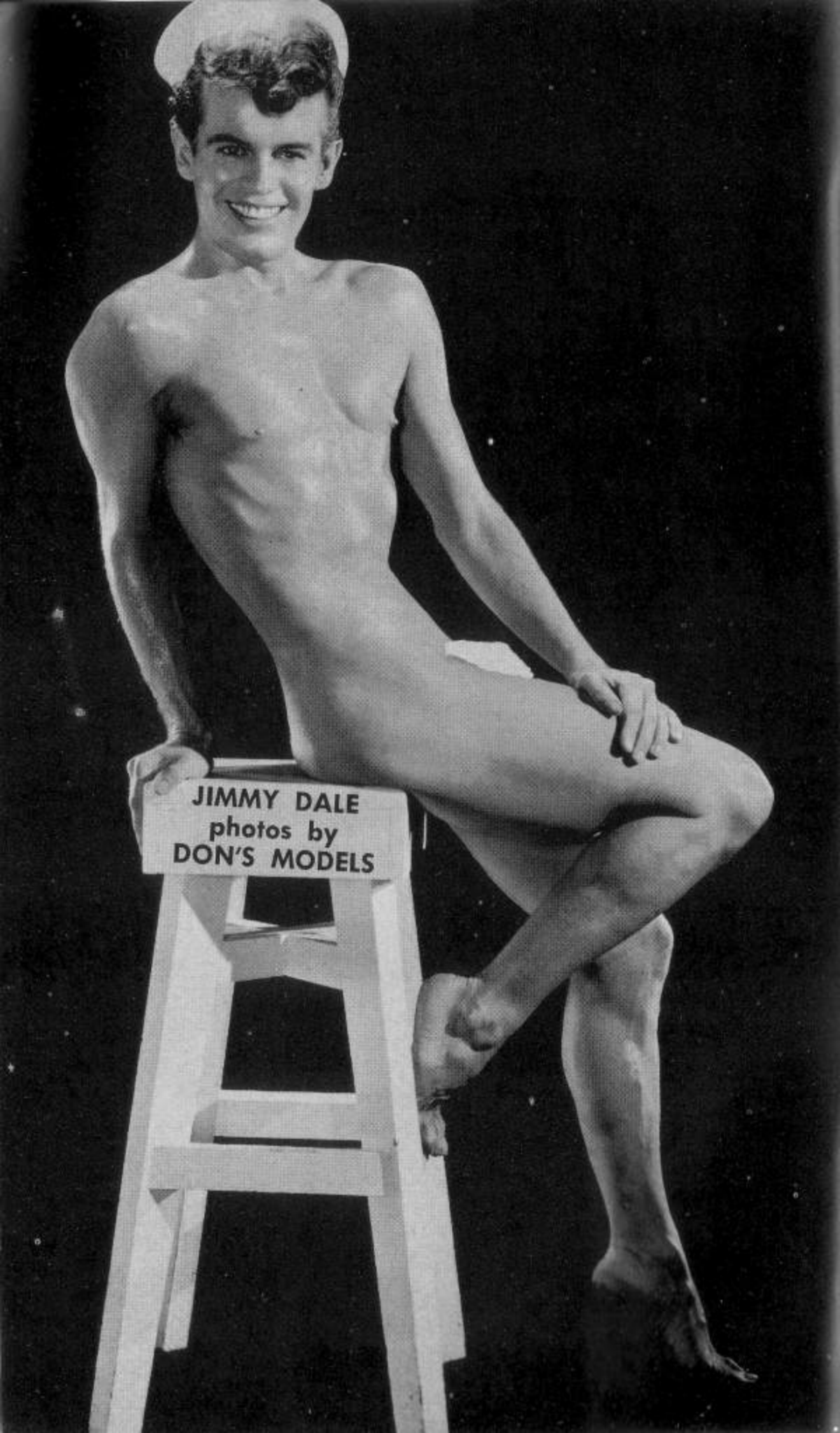
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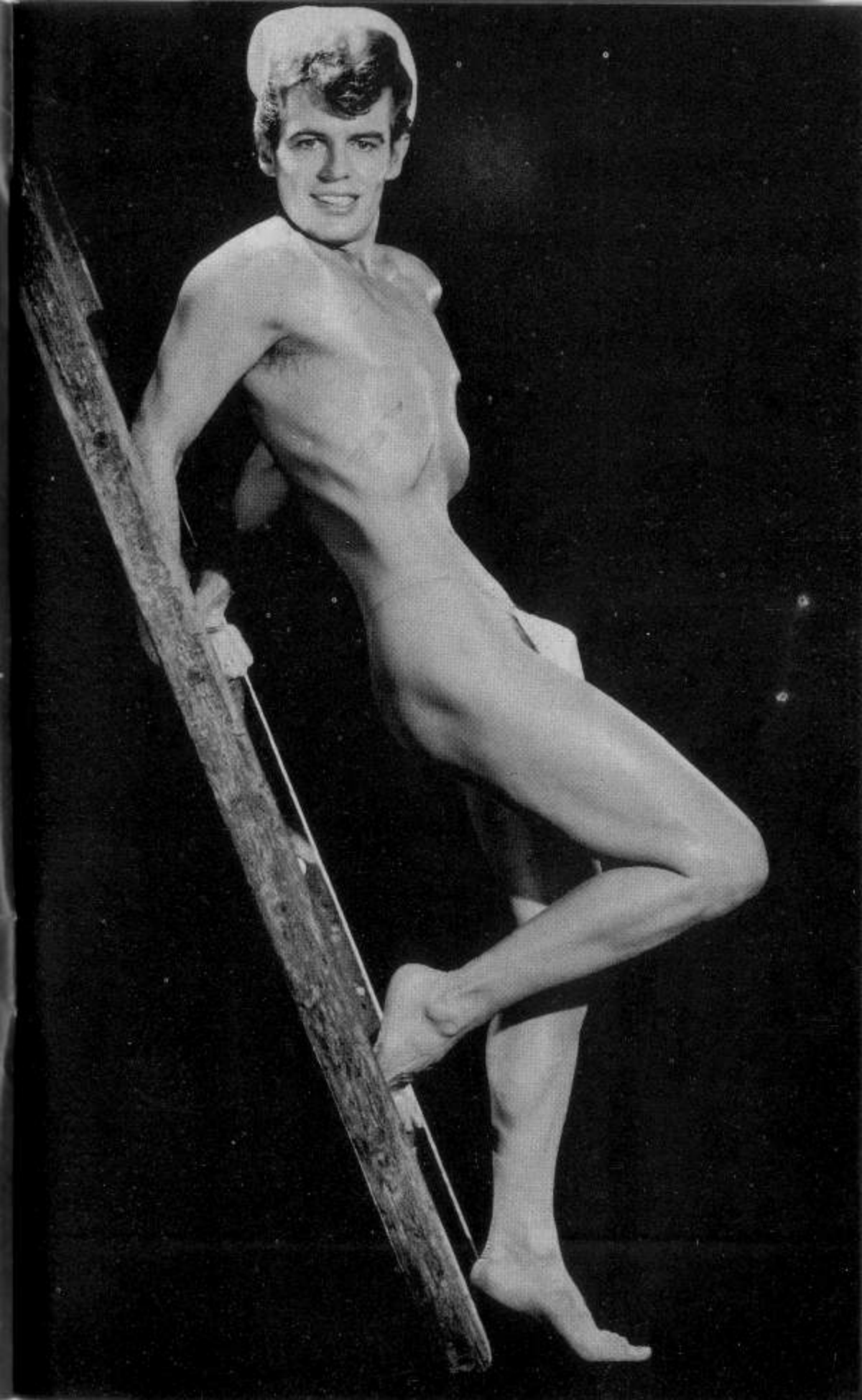

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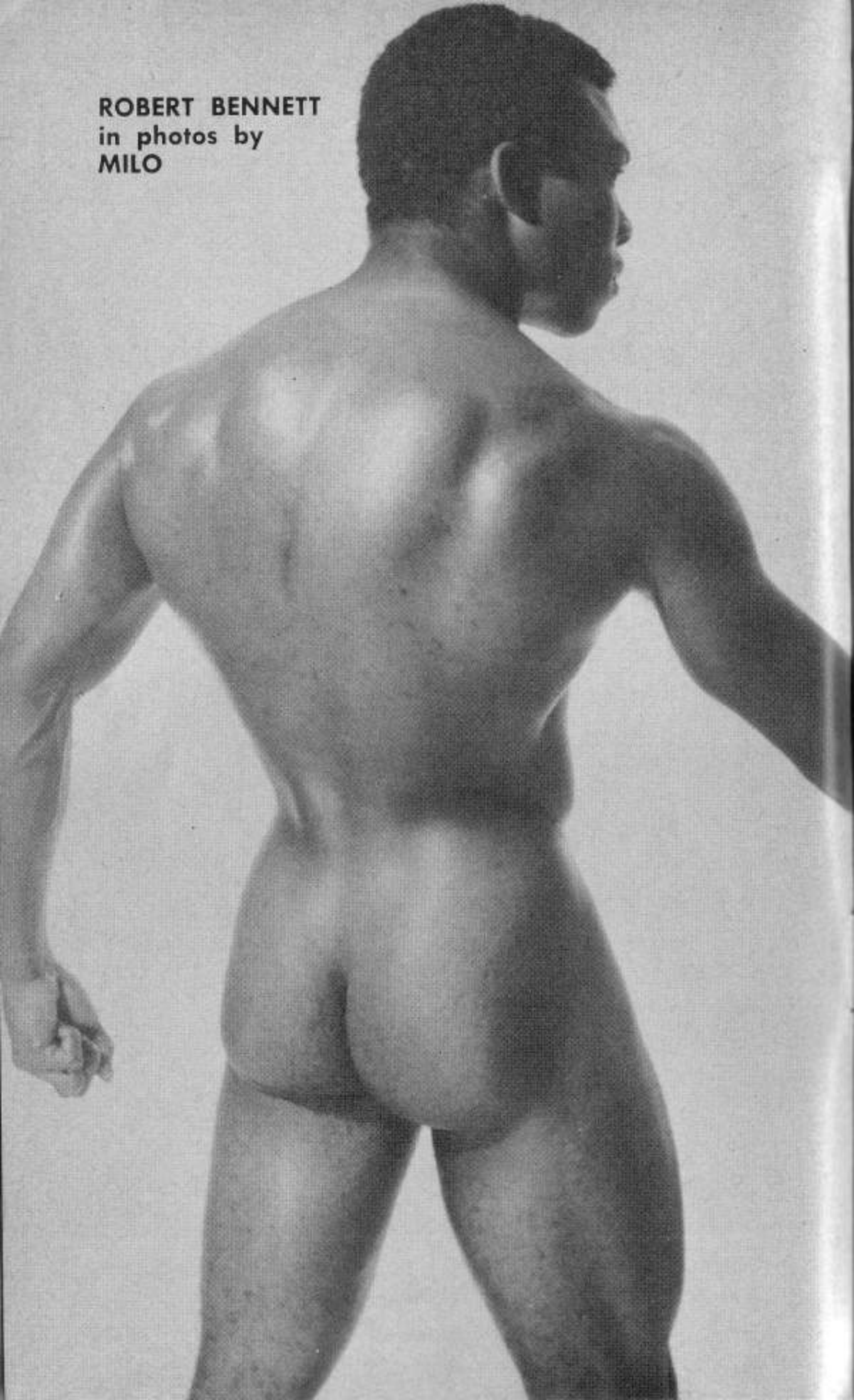
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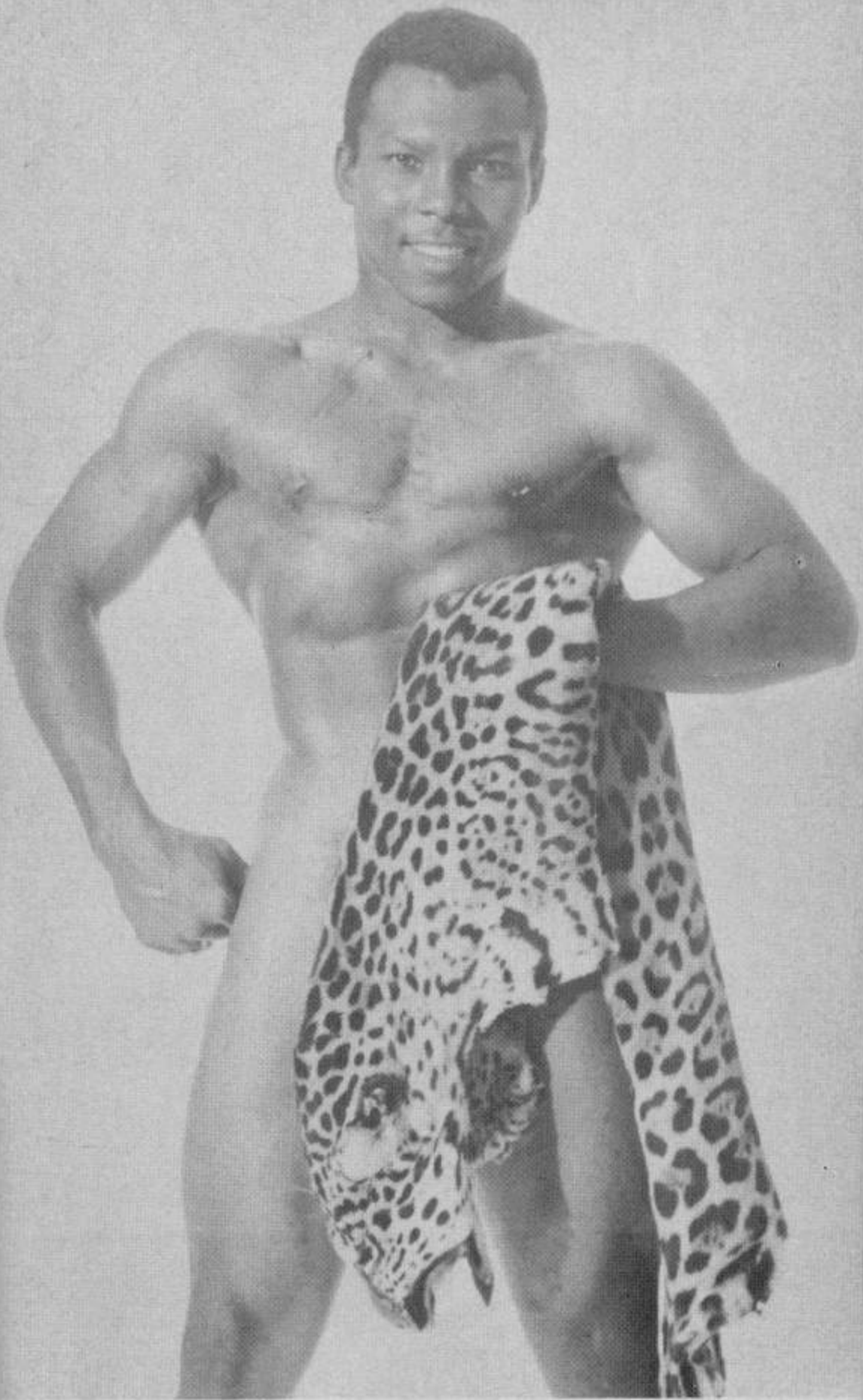

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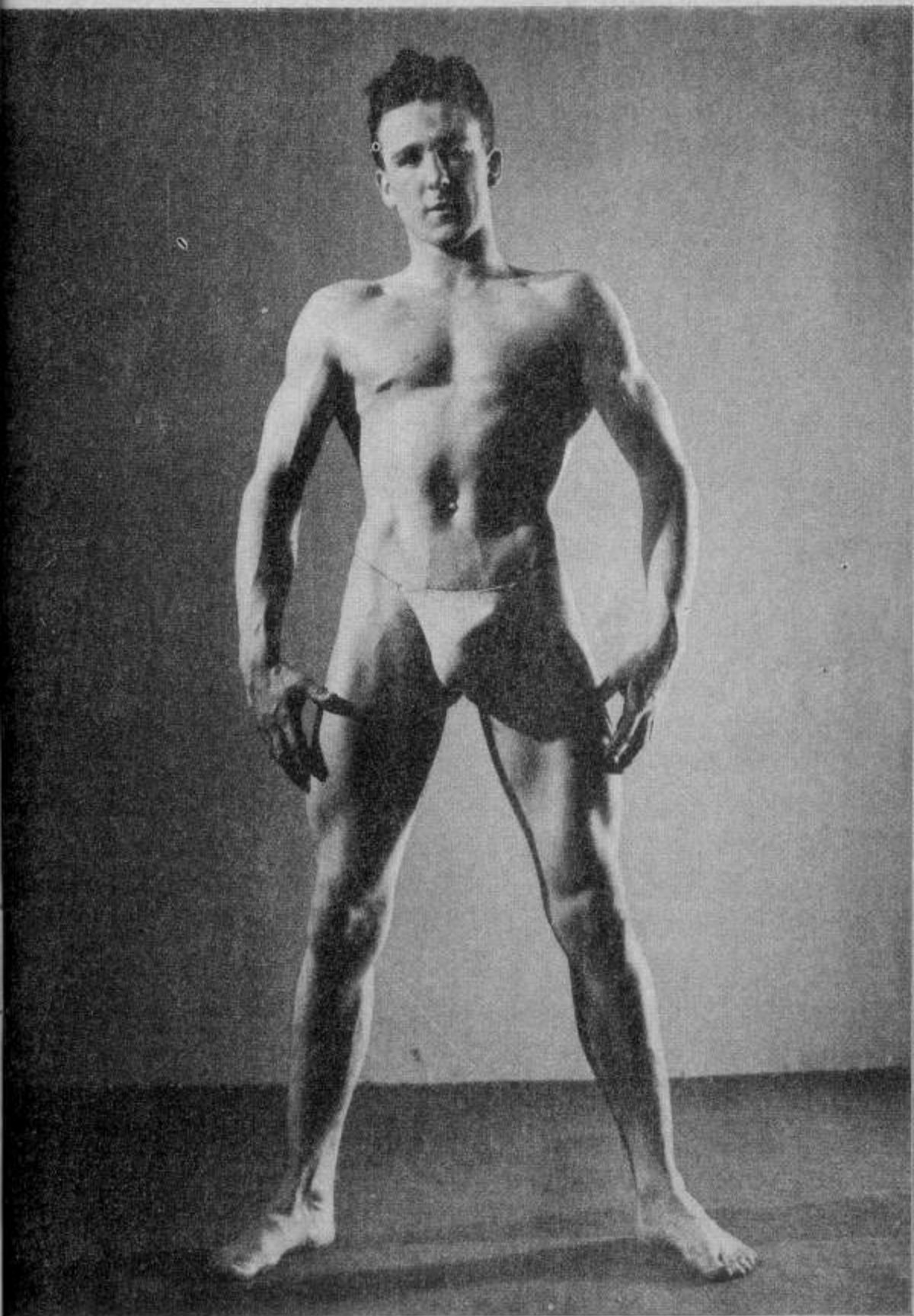

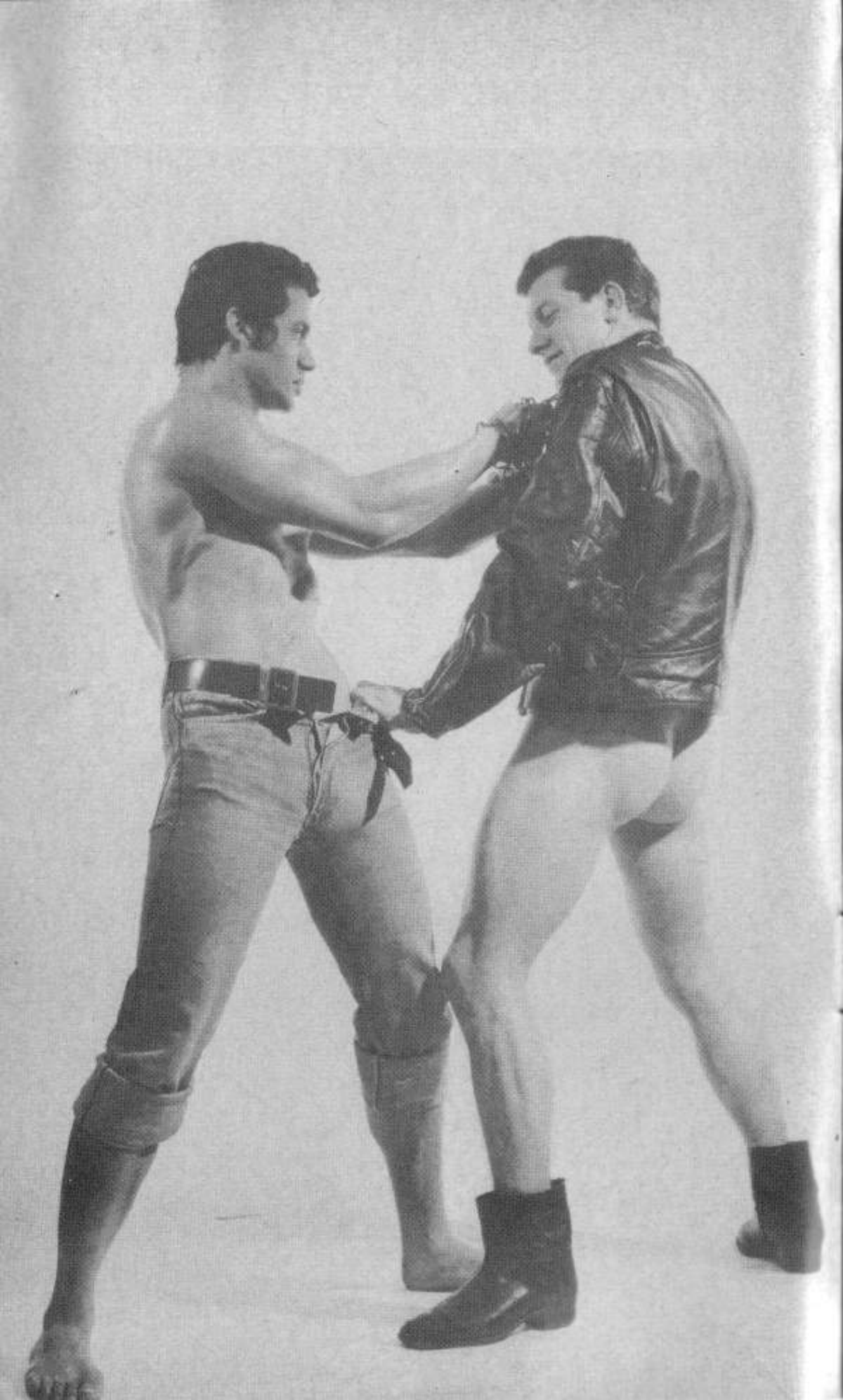

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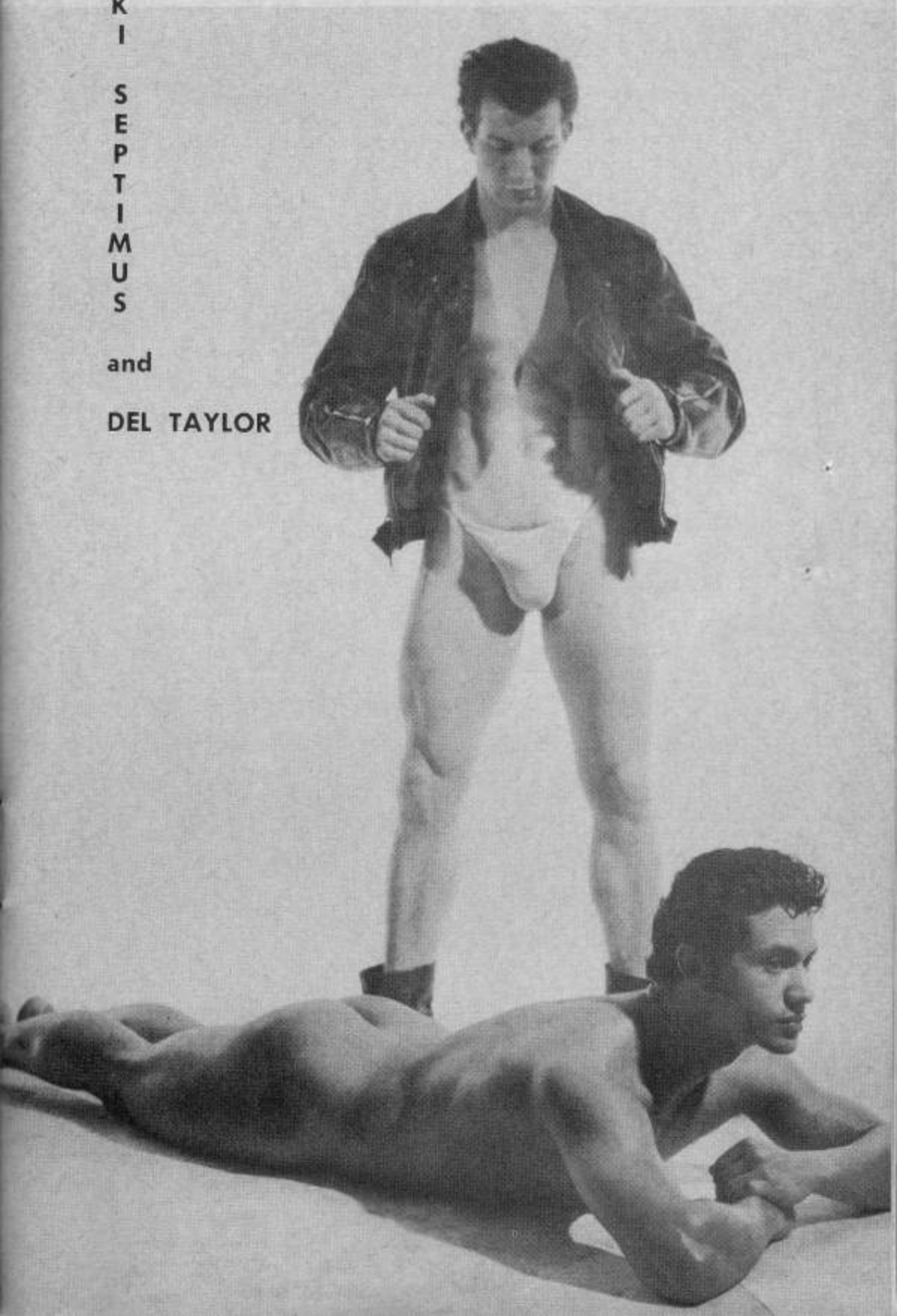
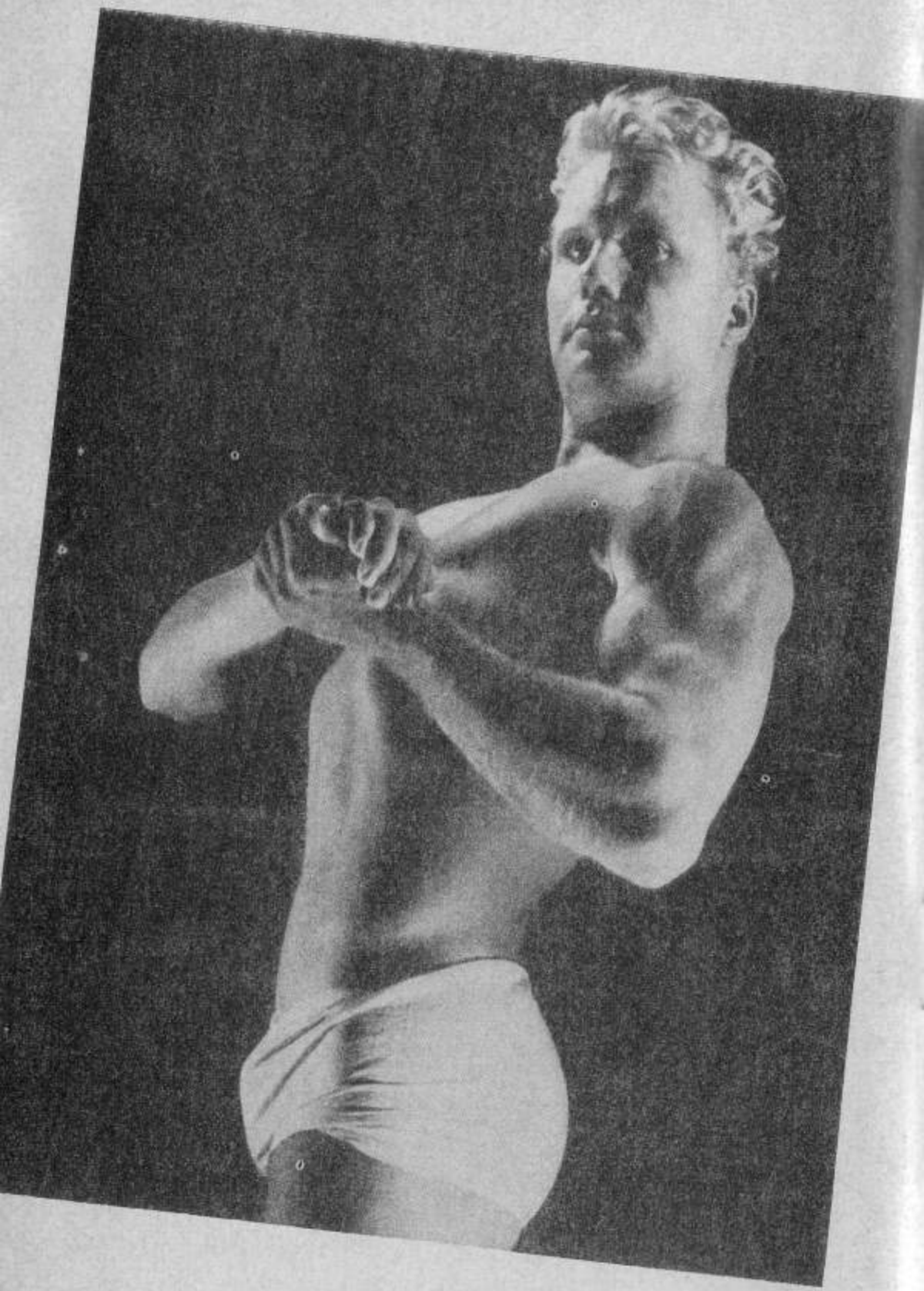
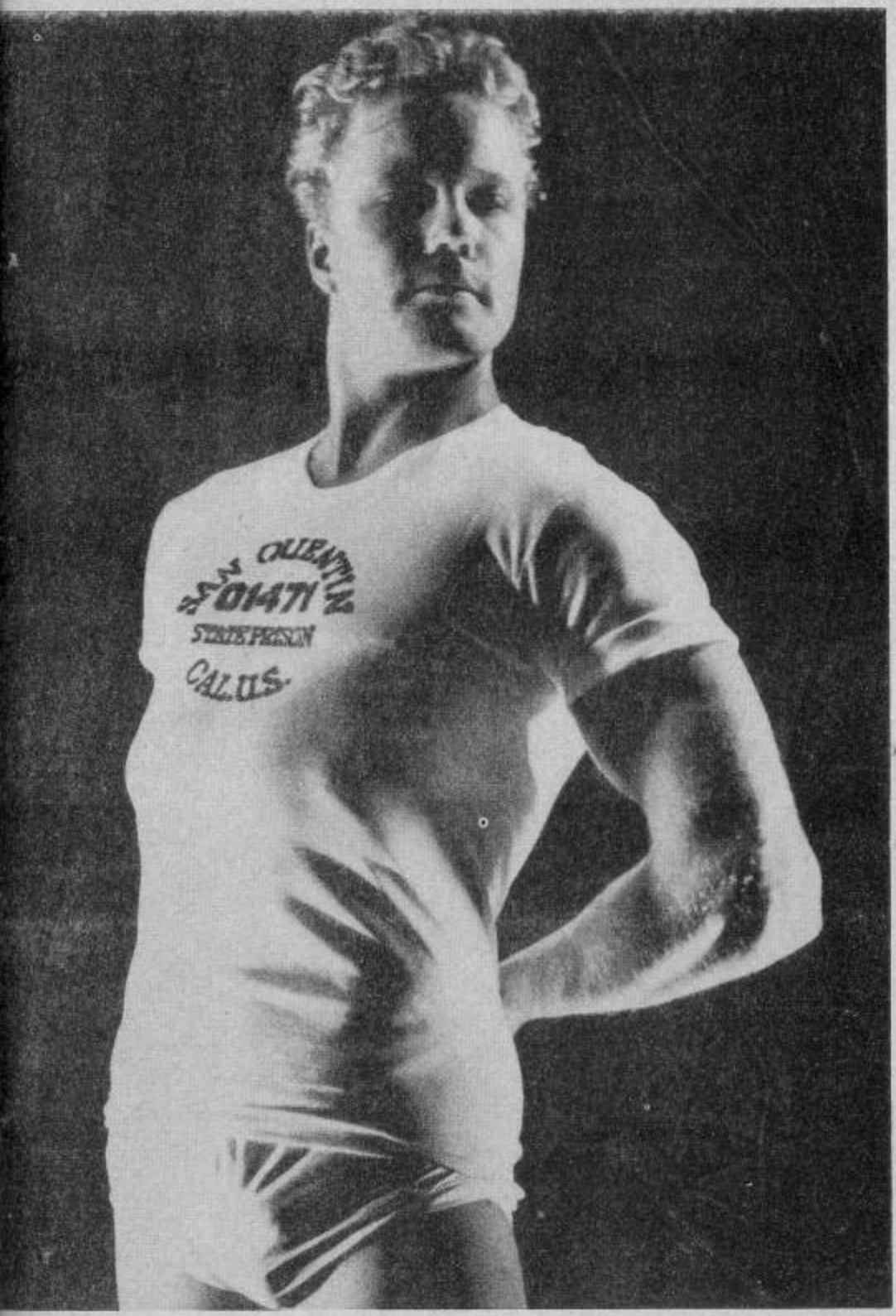
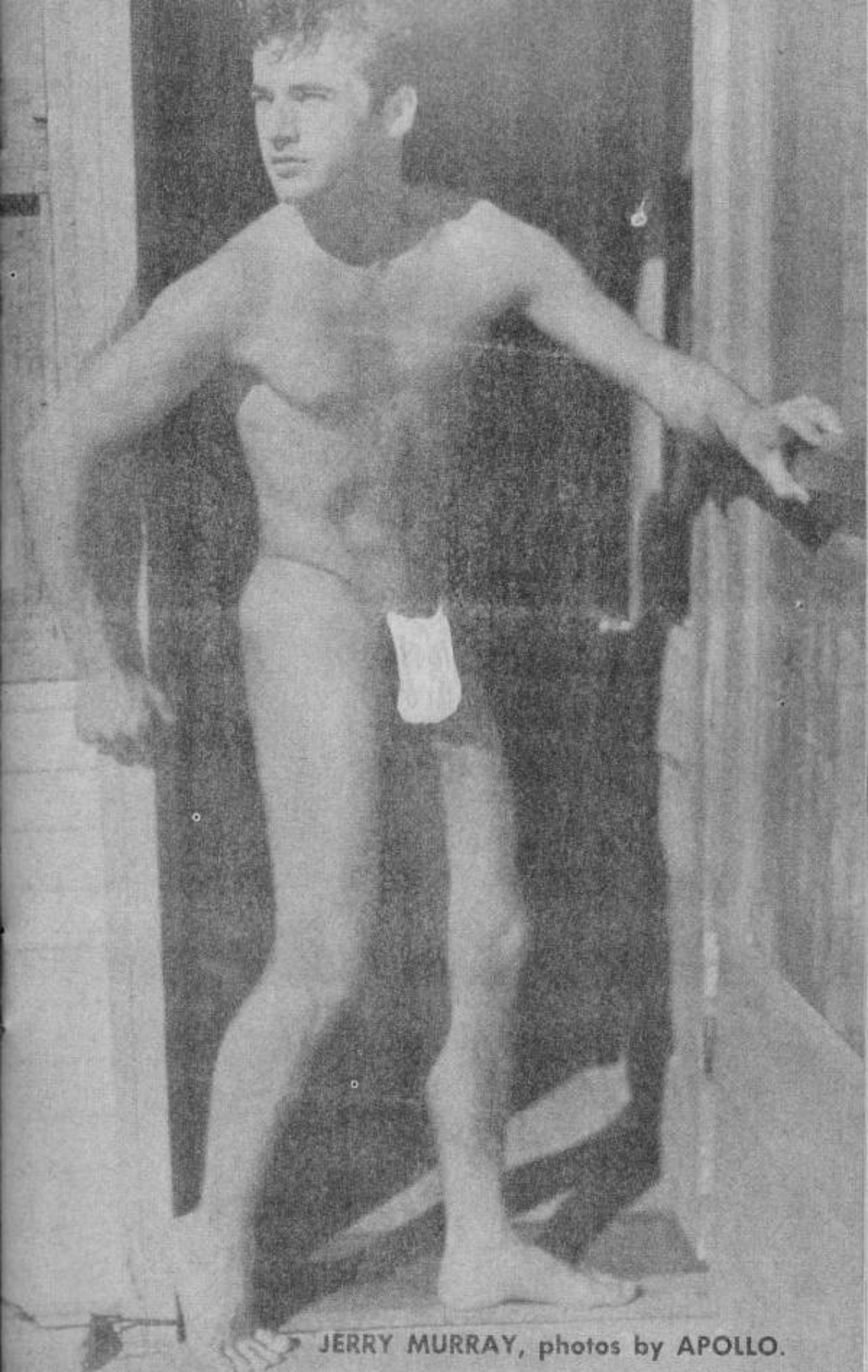






BILLE BLOM, in photos by FOTO GRAFO displays a massive physique!

FRANZ DIETRICH in photos by CAPITAL STUDIO



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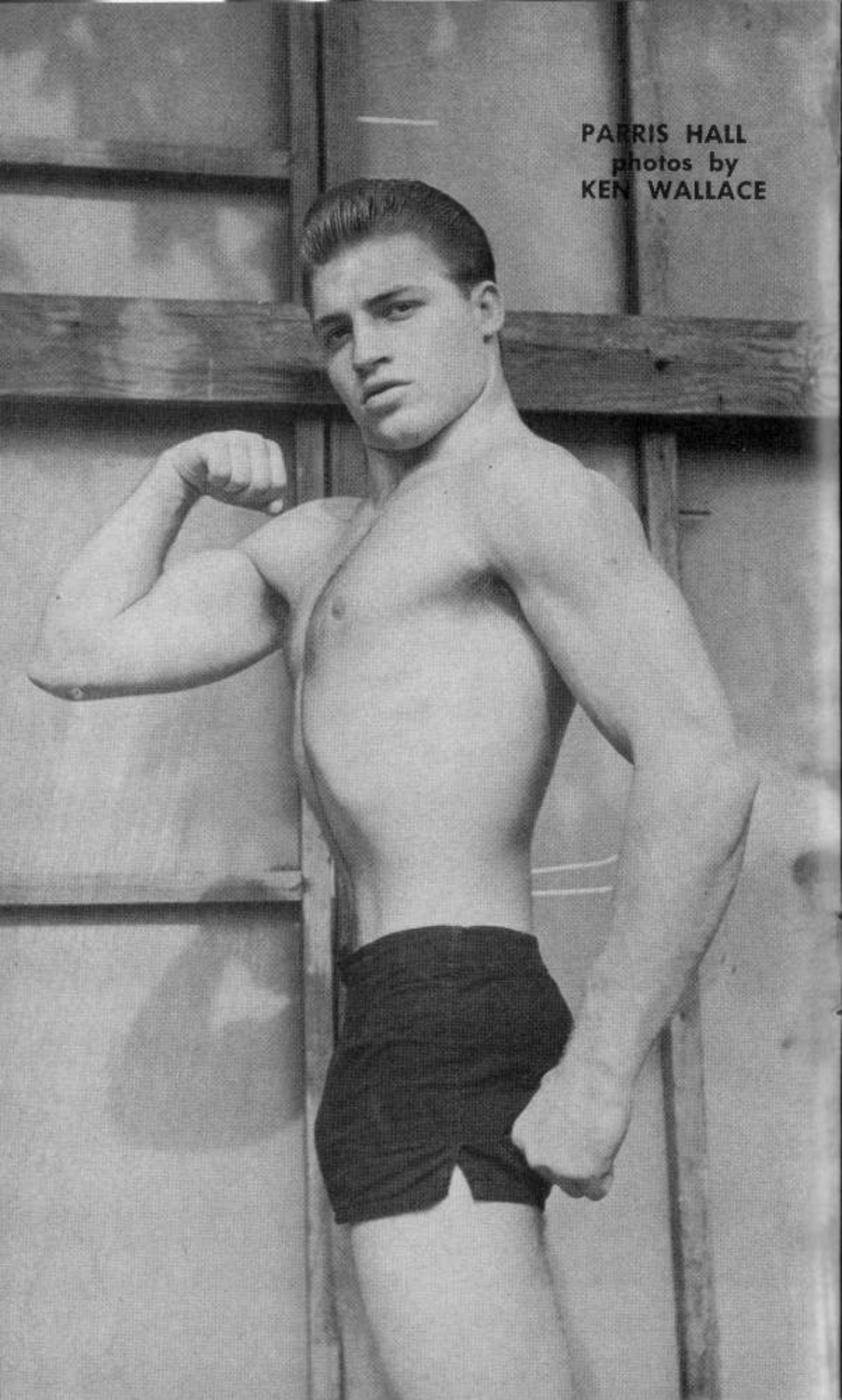
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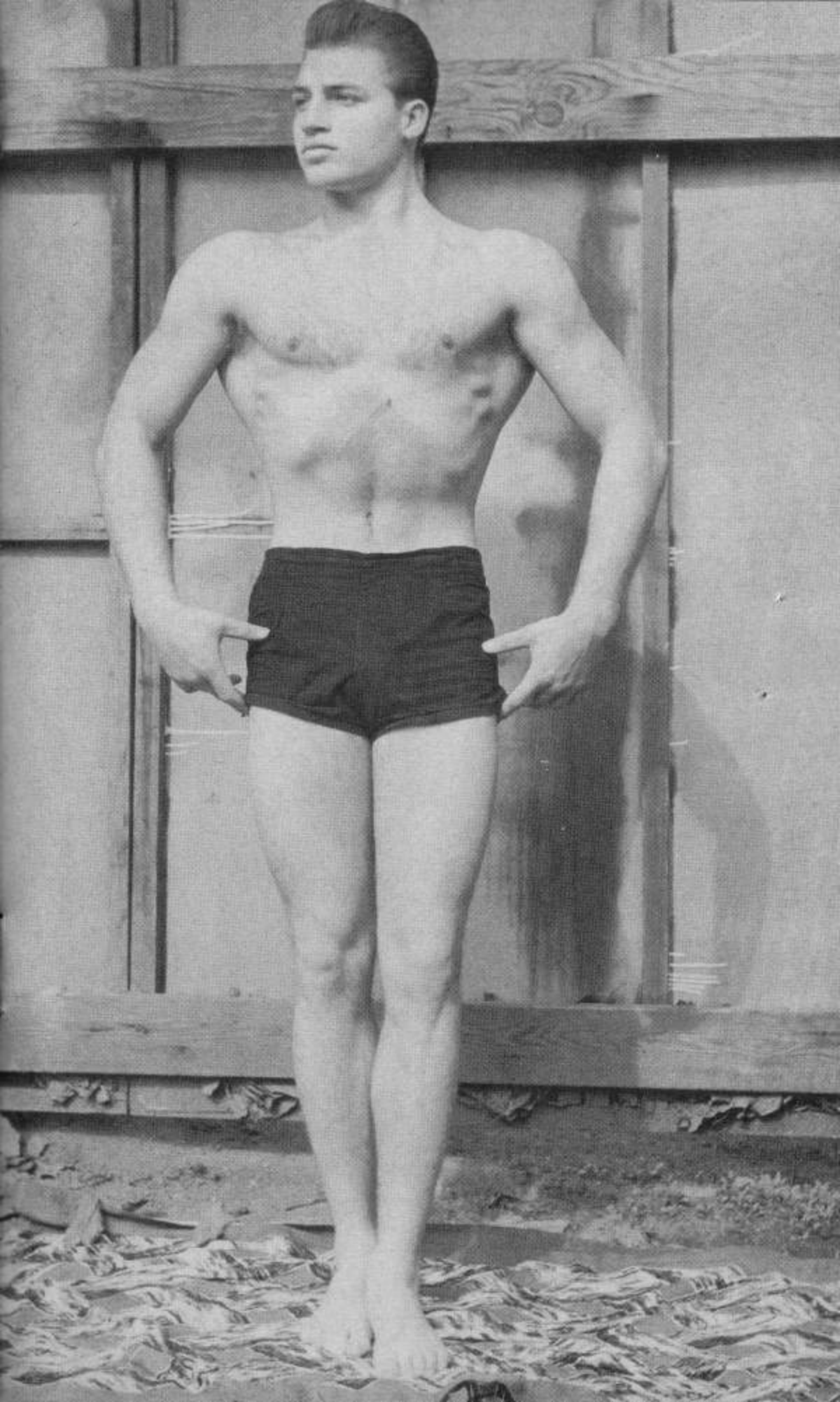

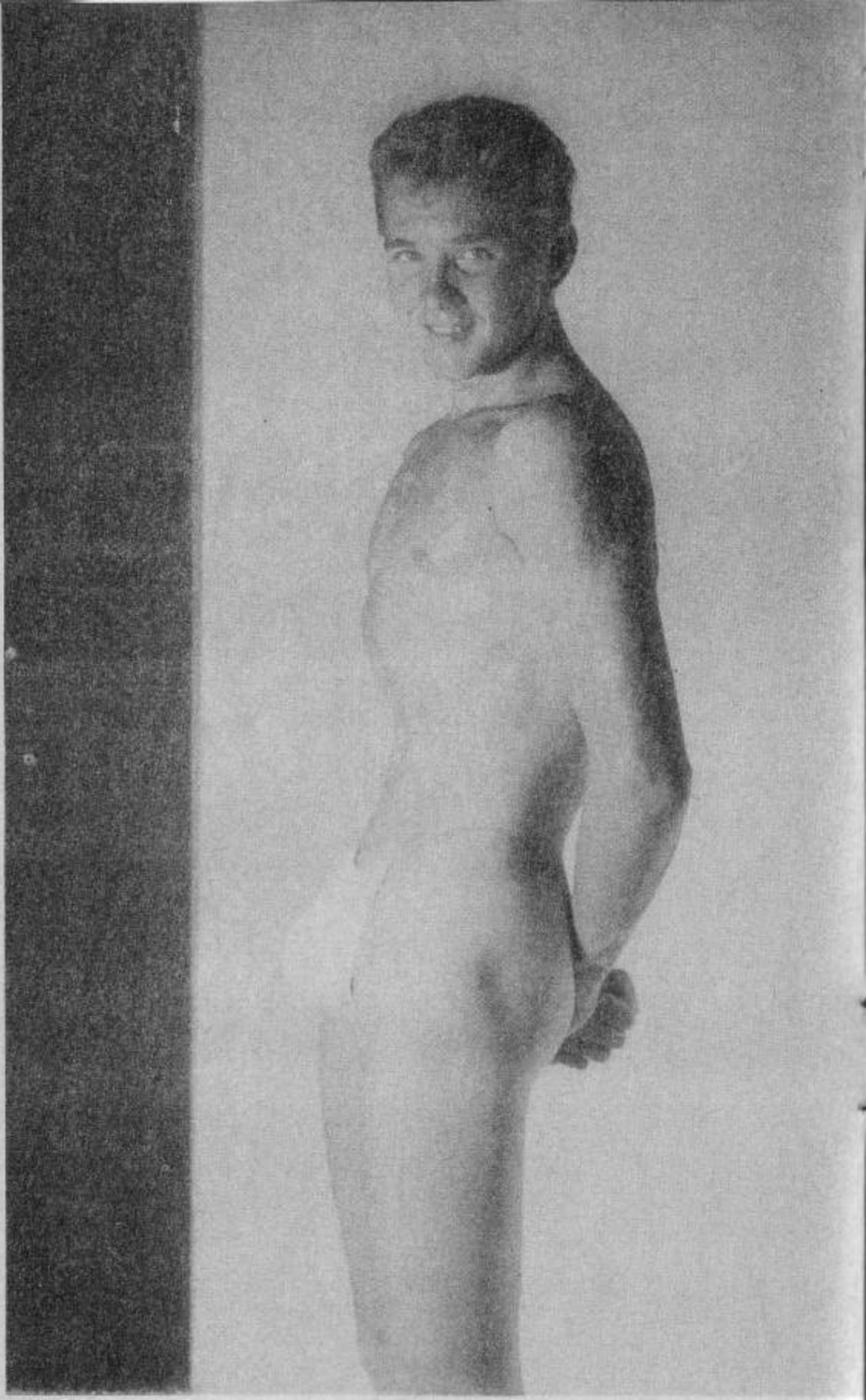

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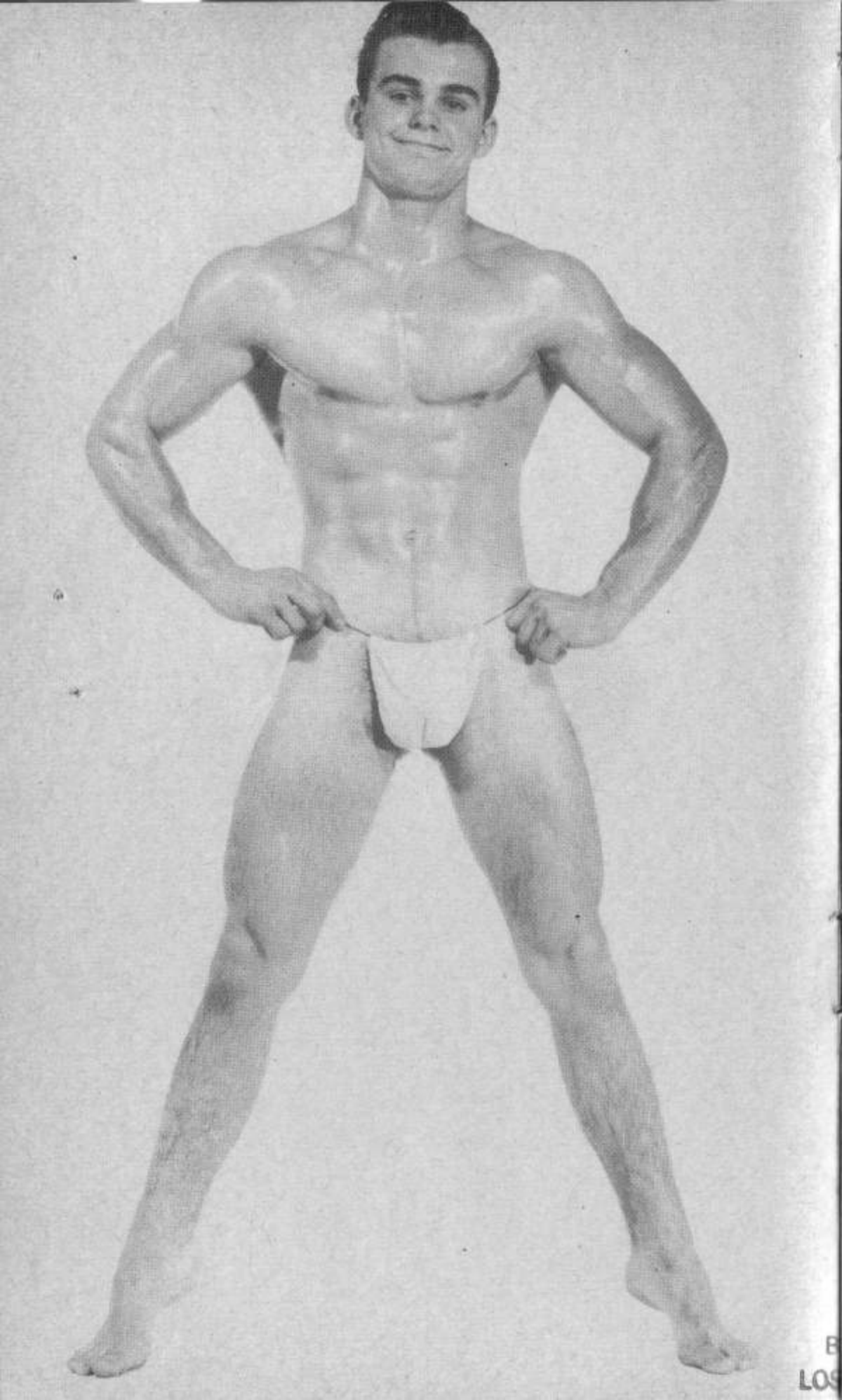

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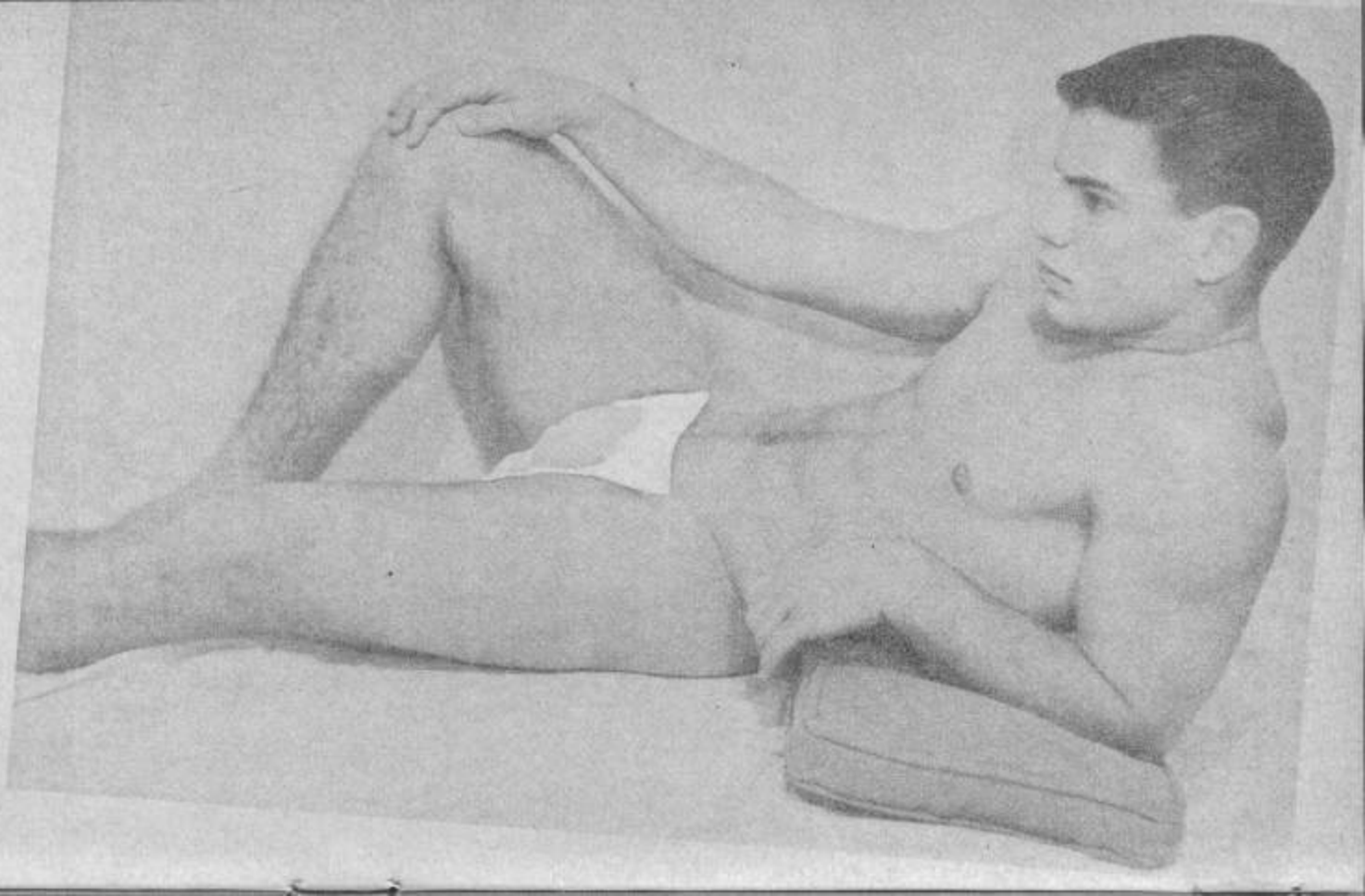

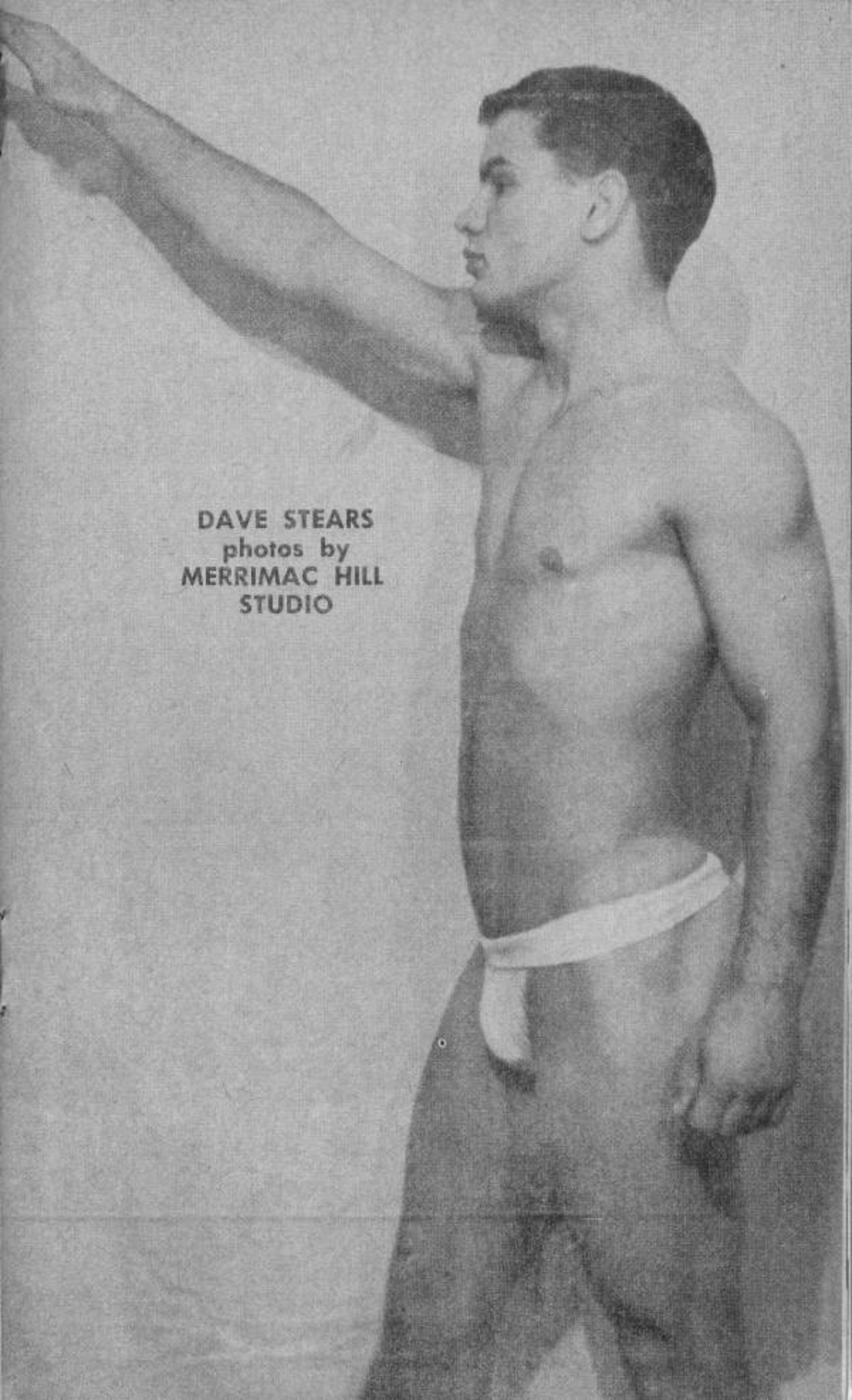
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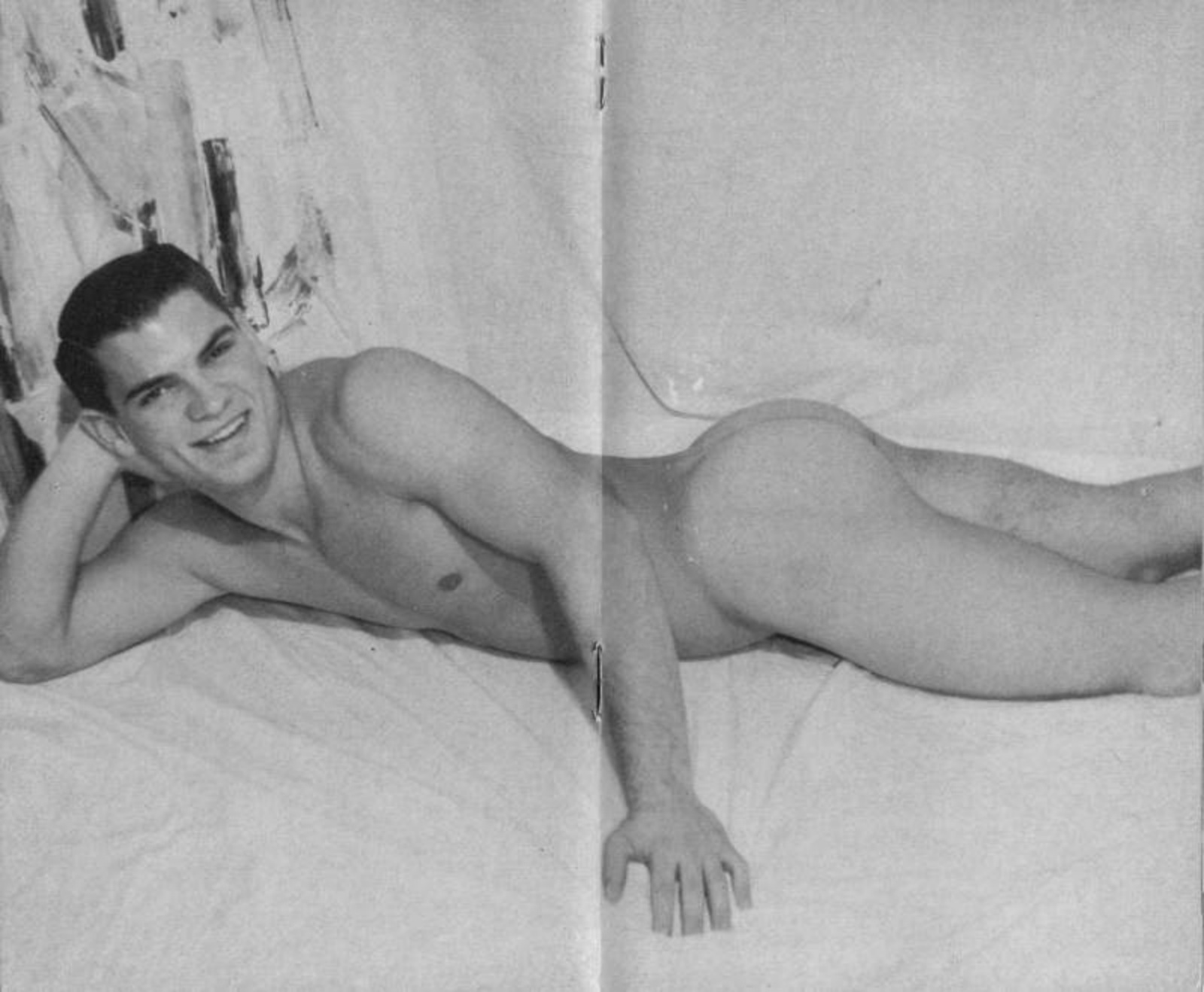

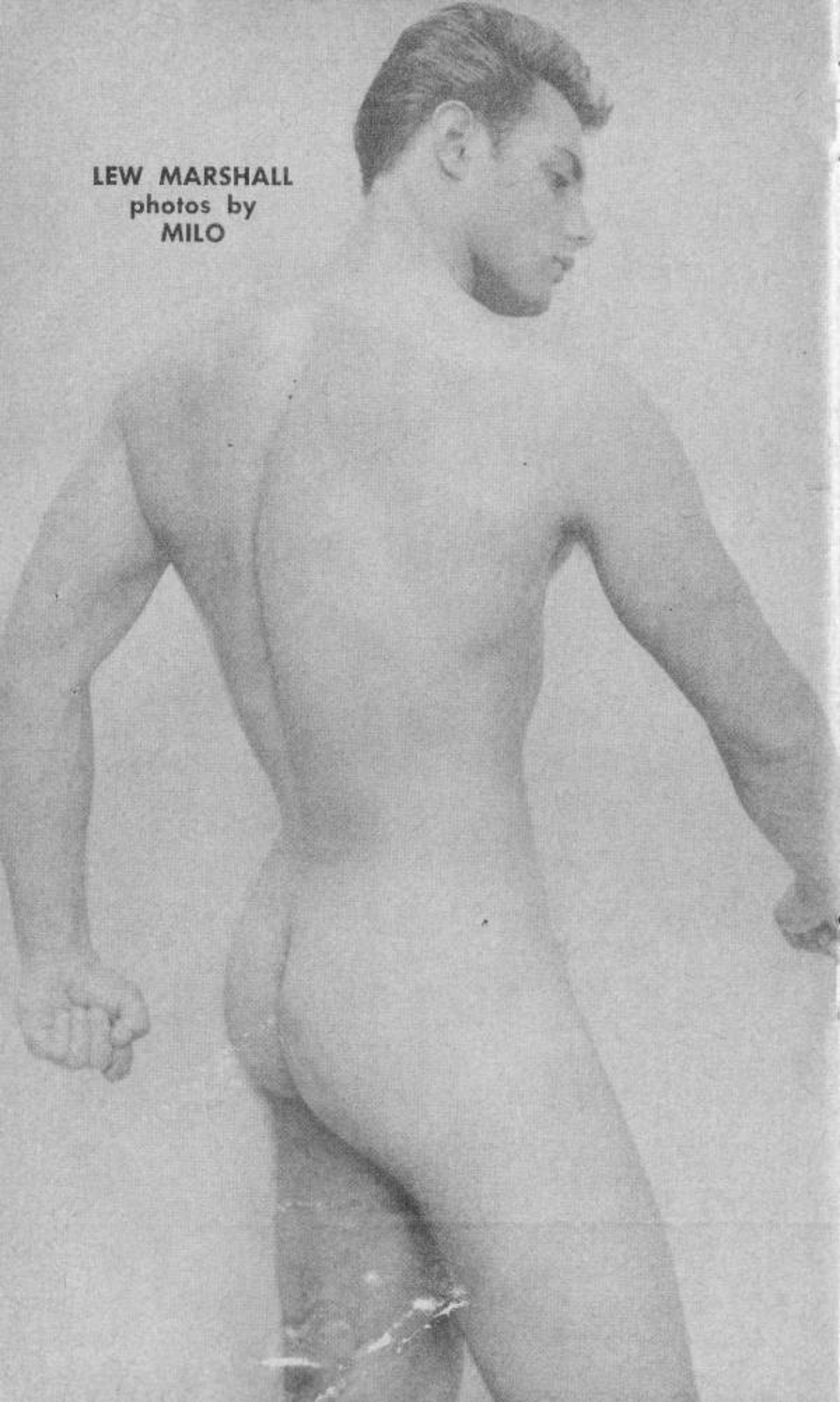
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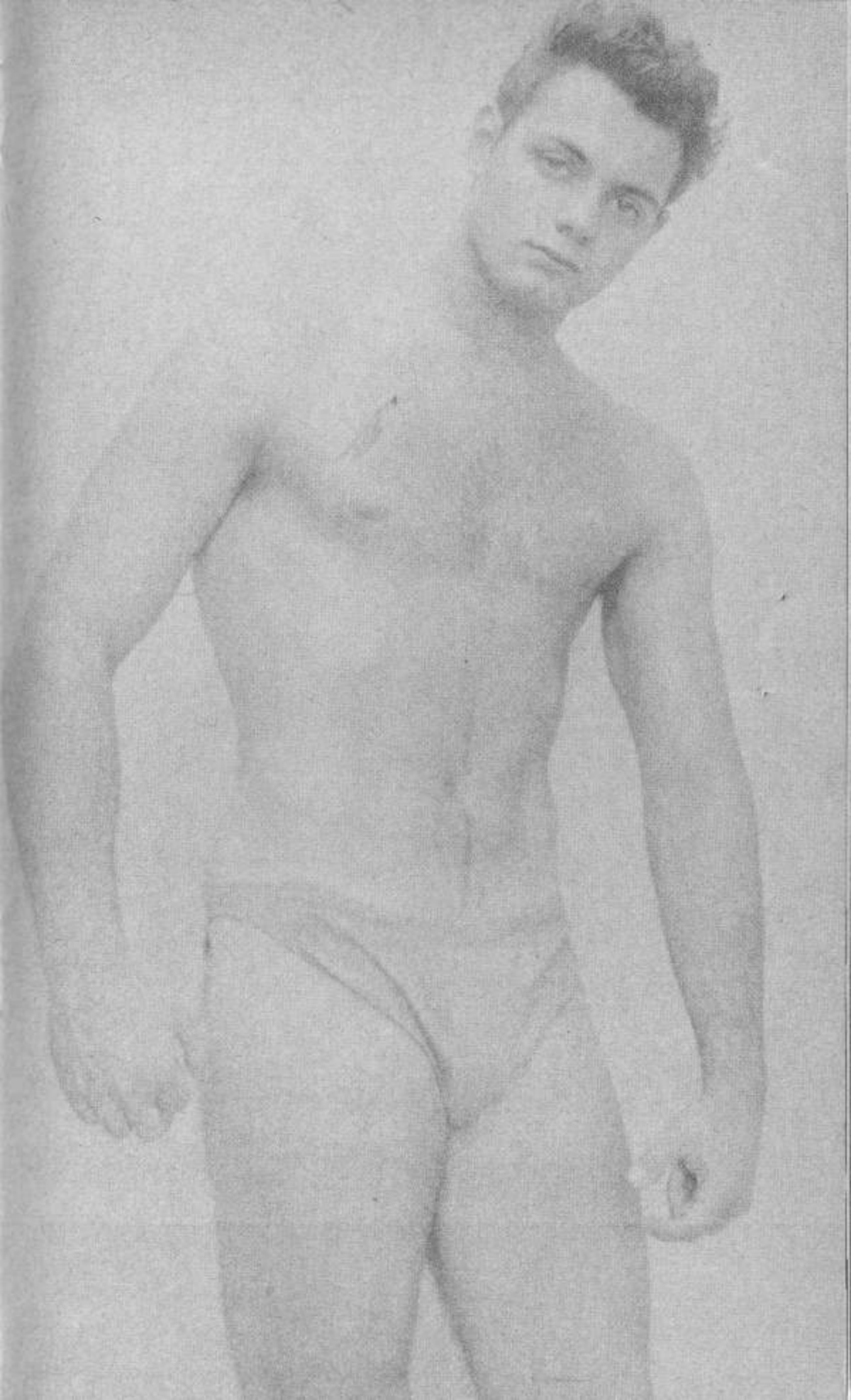

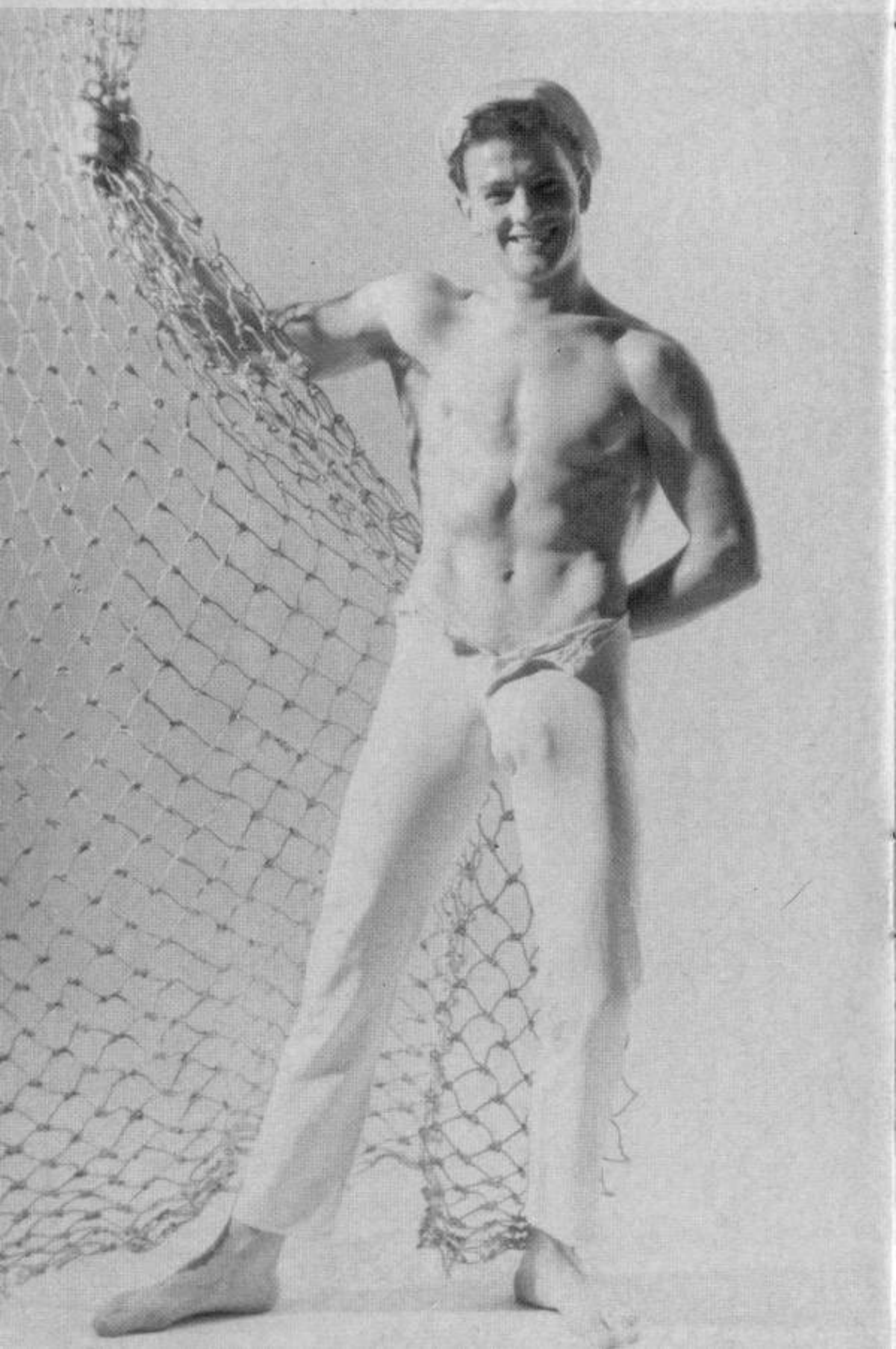

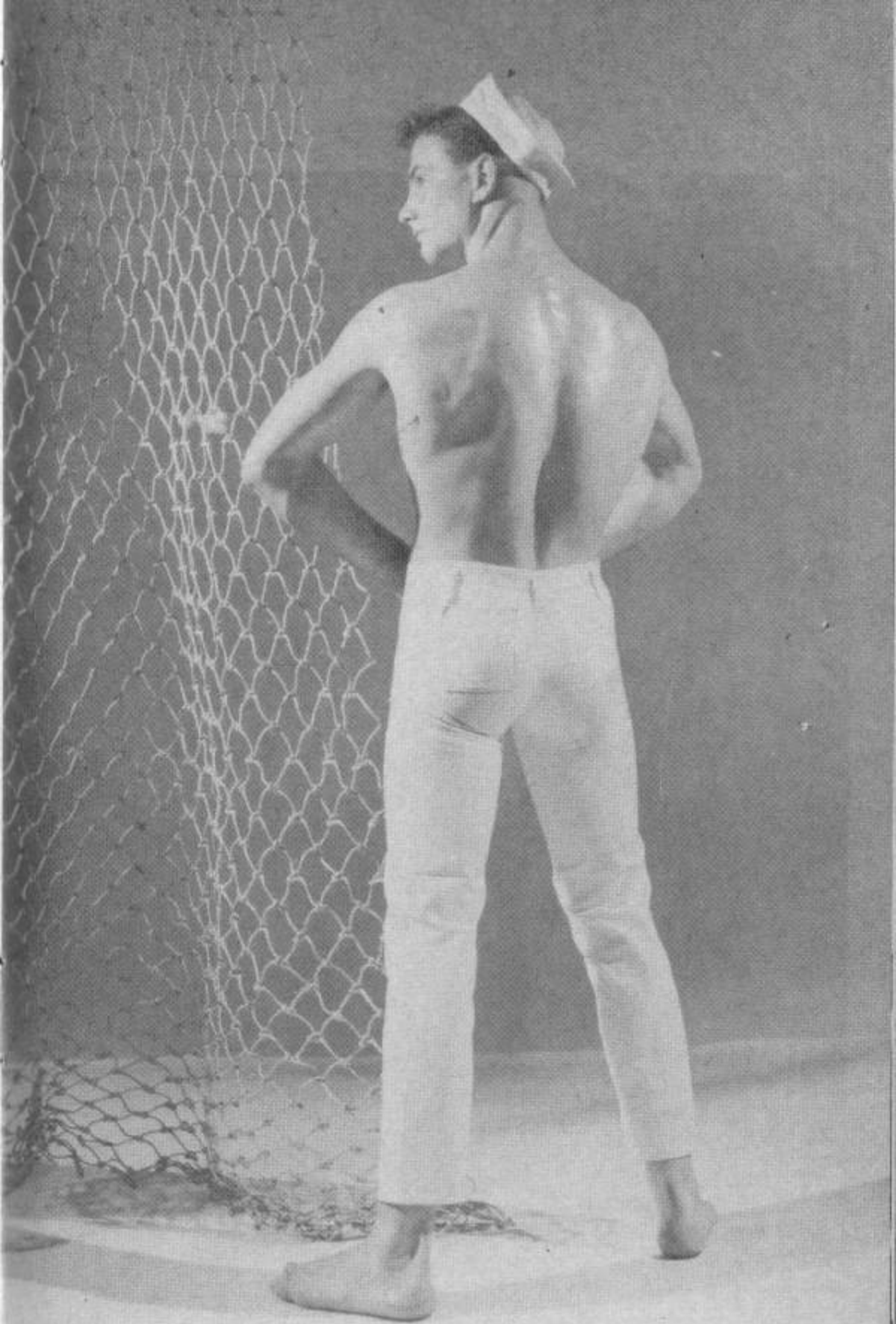

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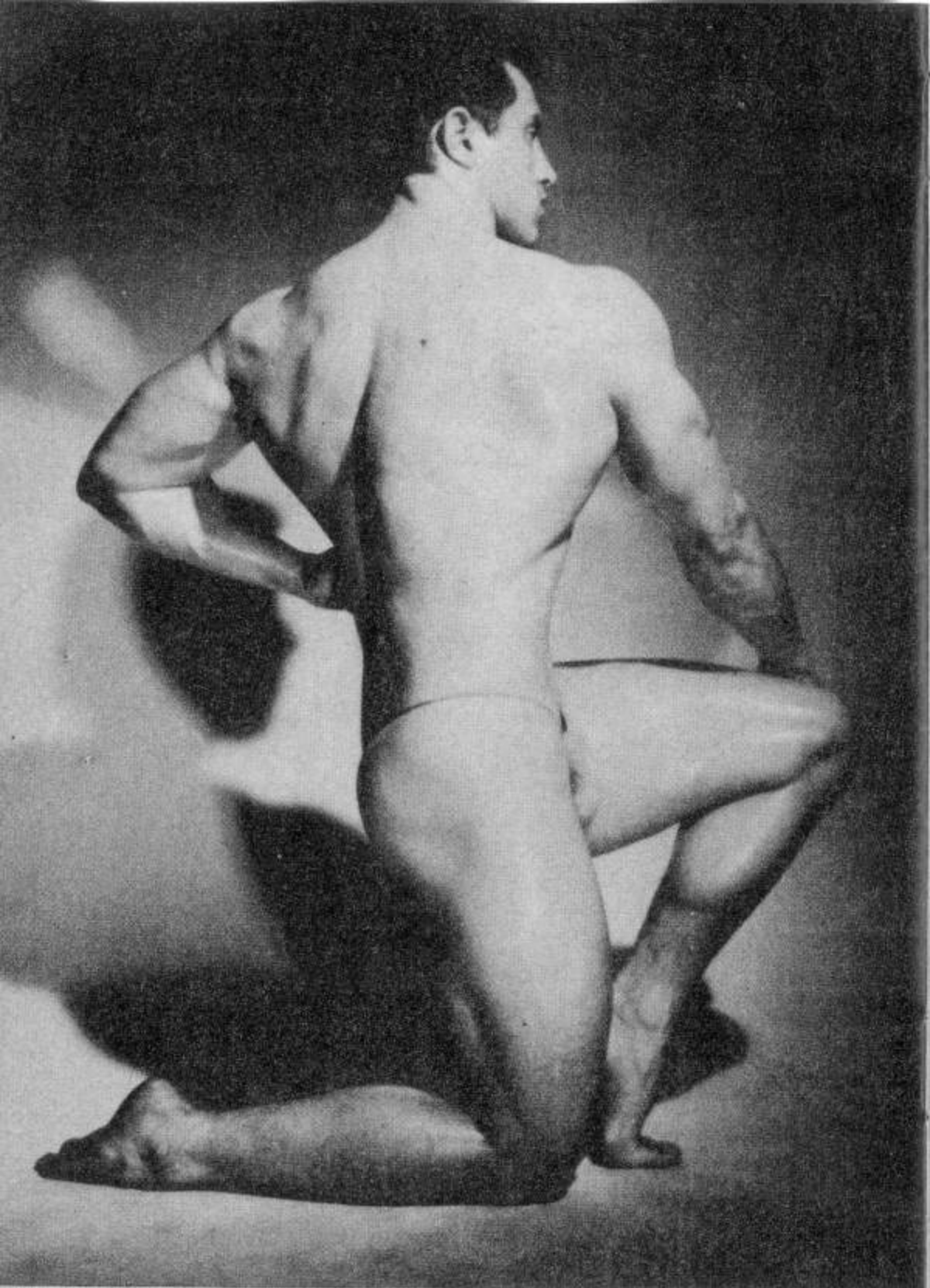

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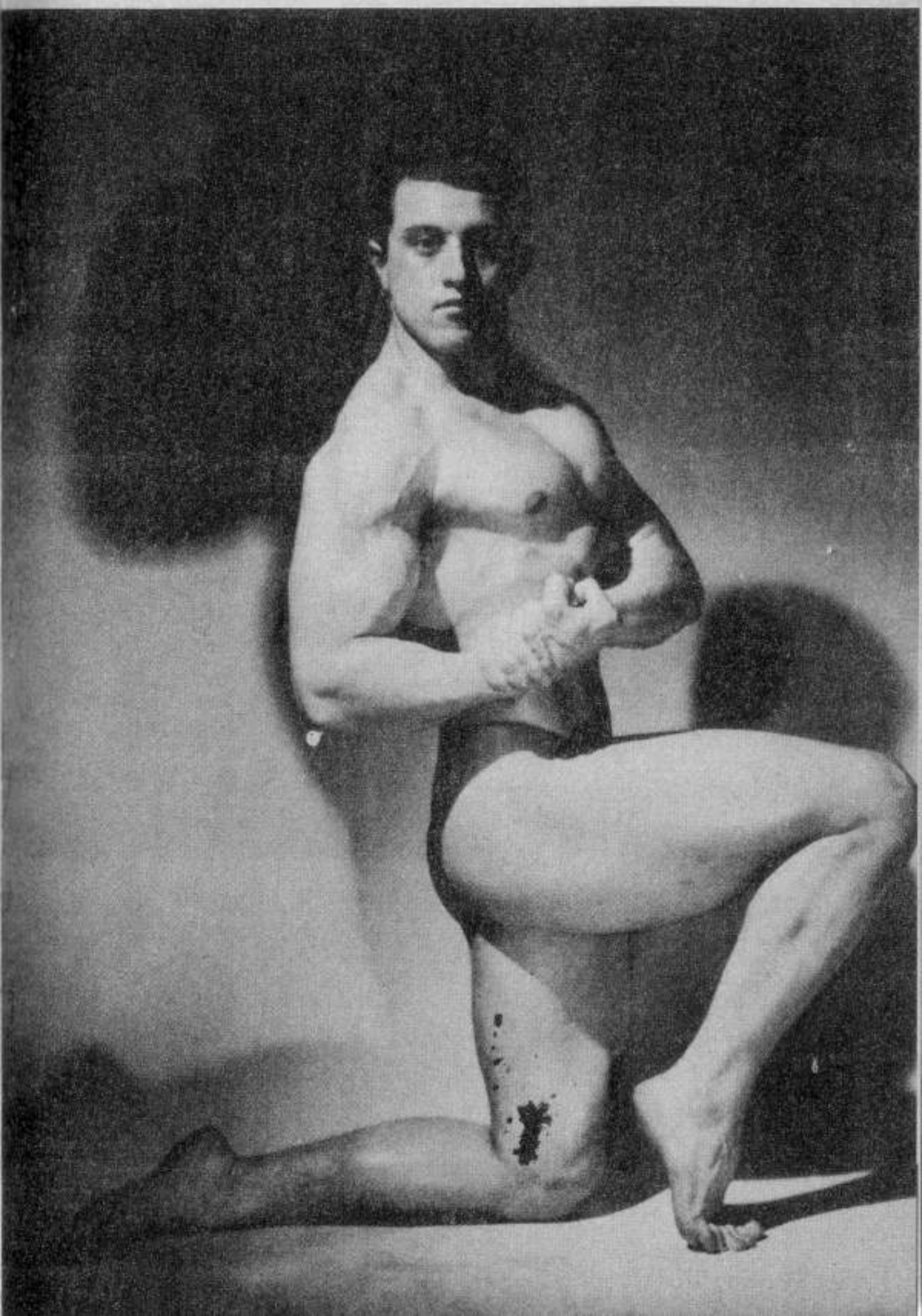

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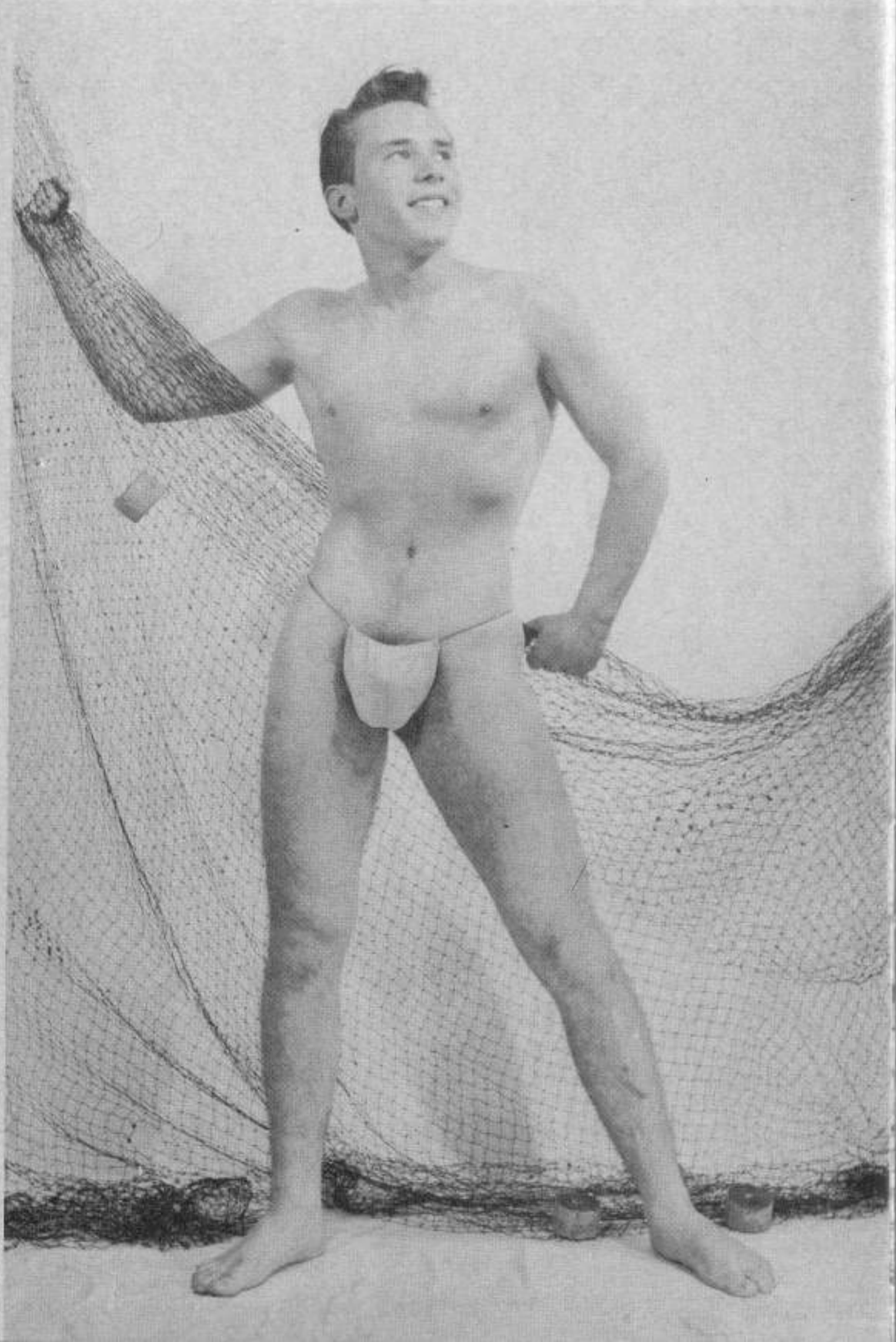

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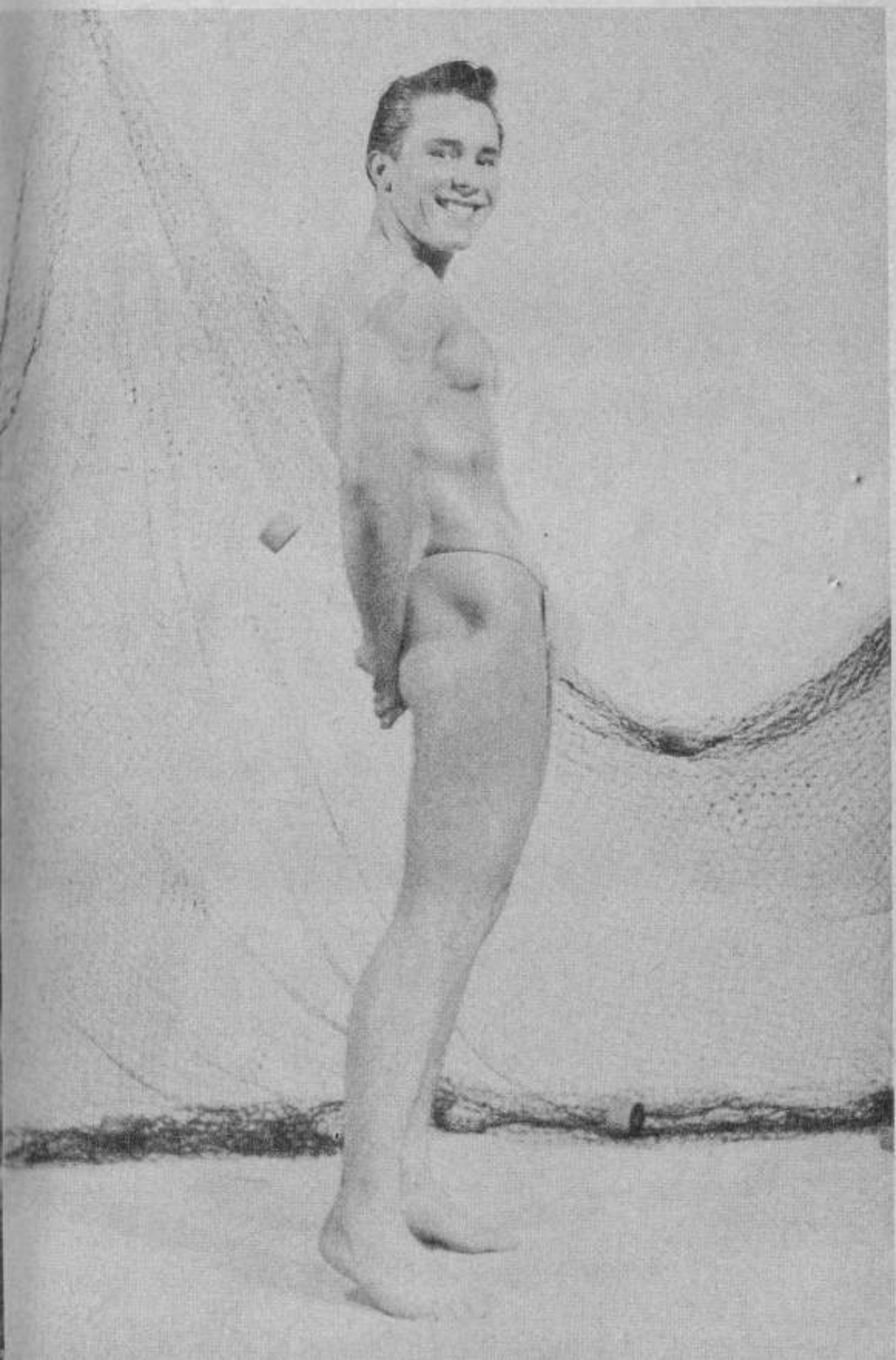
DICK KNIGHT, 6' tall, 170 lbs., blond hair, blue eyes, 29" waist. Actor, writer, musician, he hopes to become successful in all fields of entertainment, and is working hard toward that goal. A KEN WALLACE photo.

PAUL ROTHON
photos by
JOHN GRAHAM



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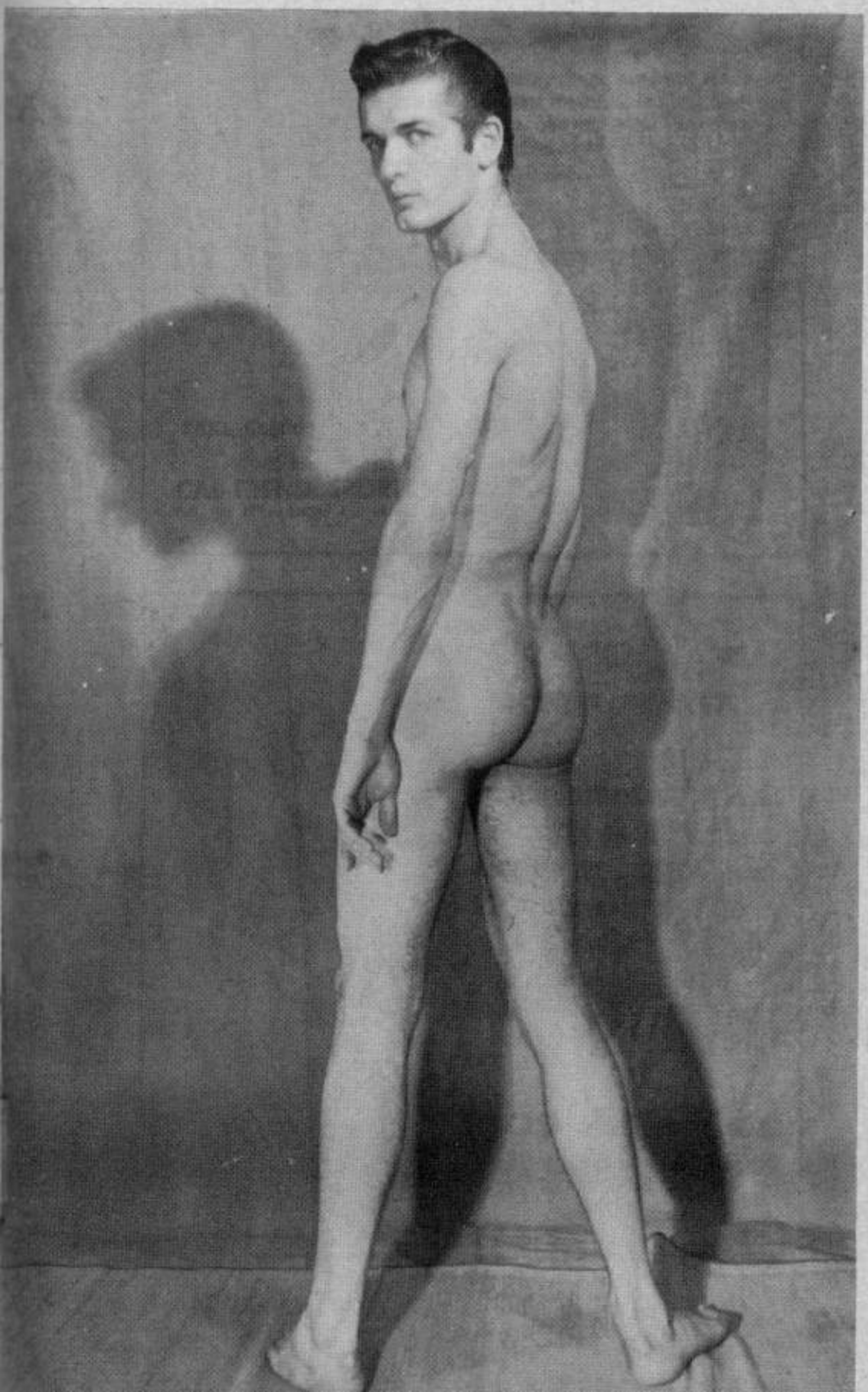

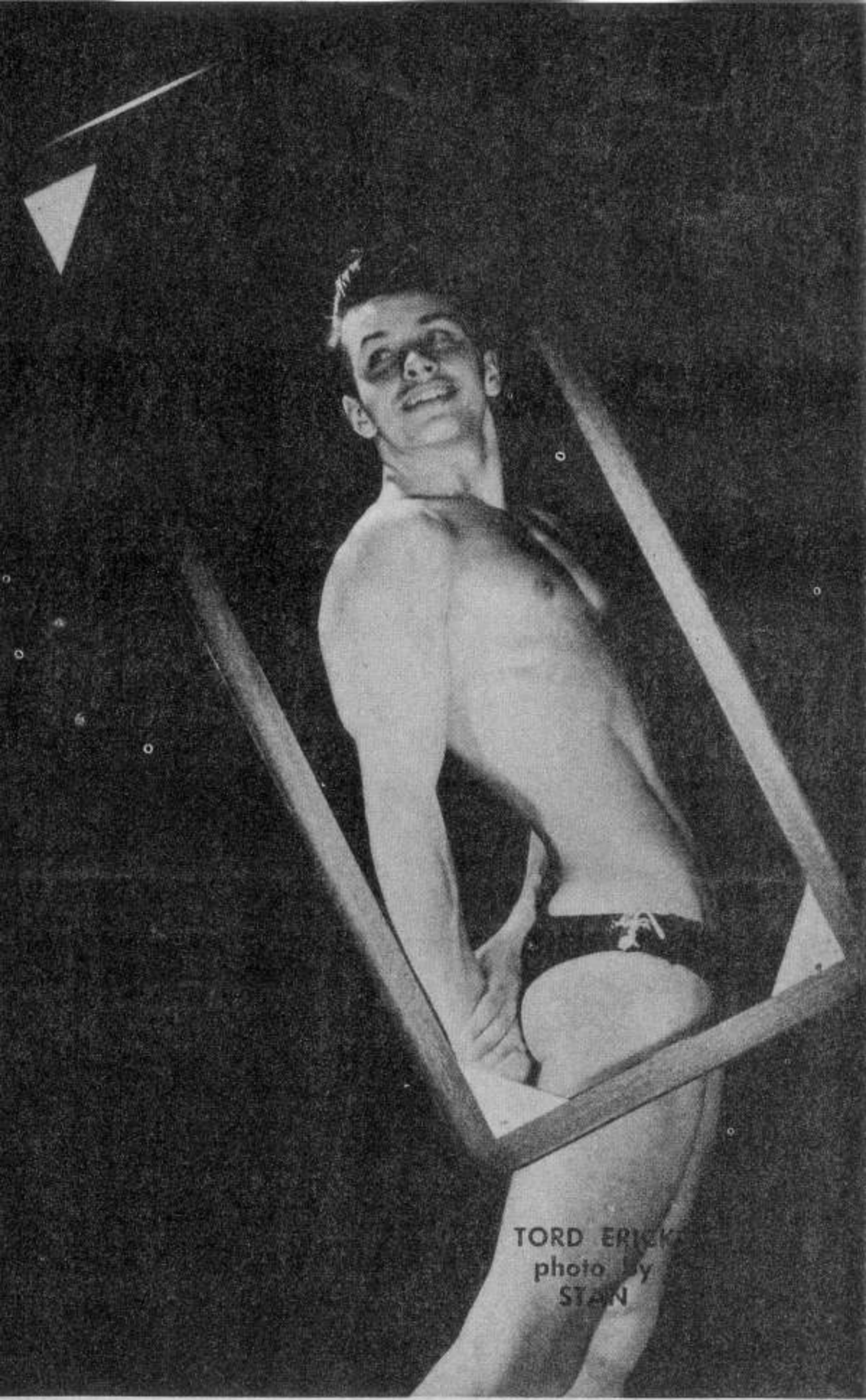
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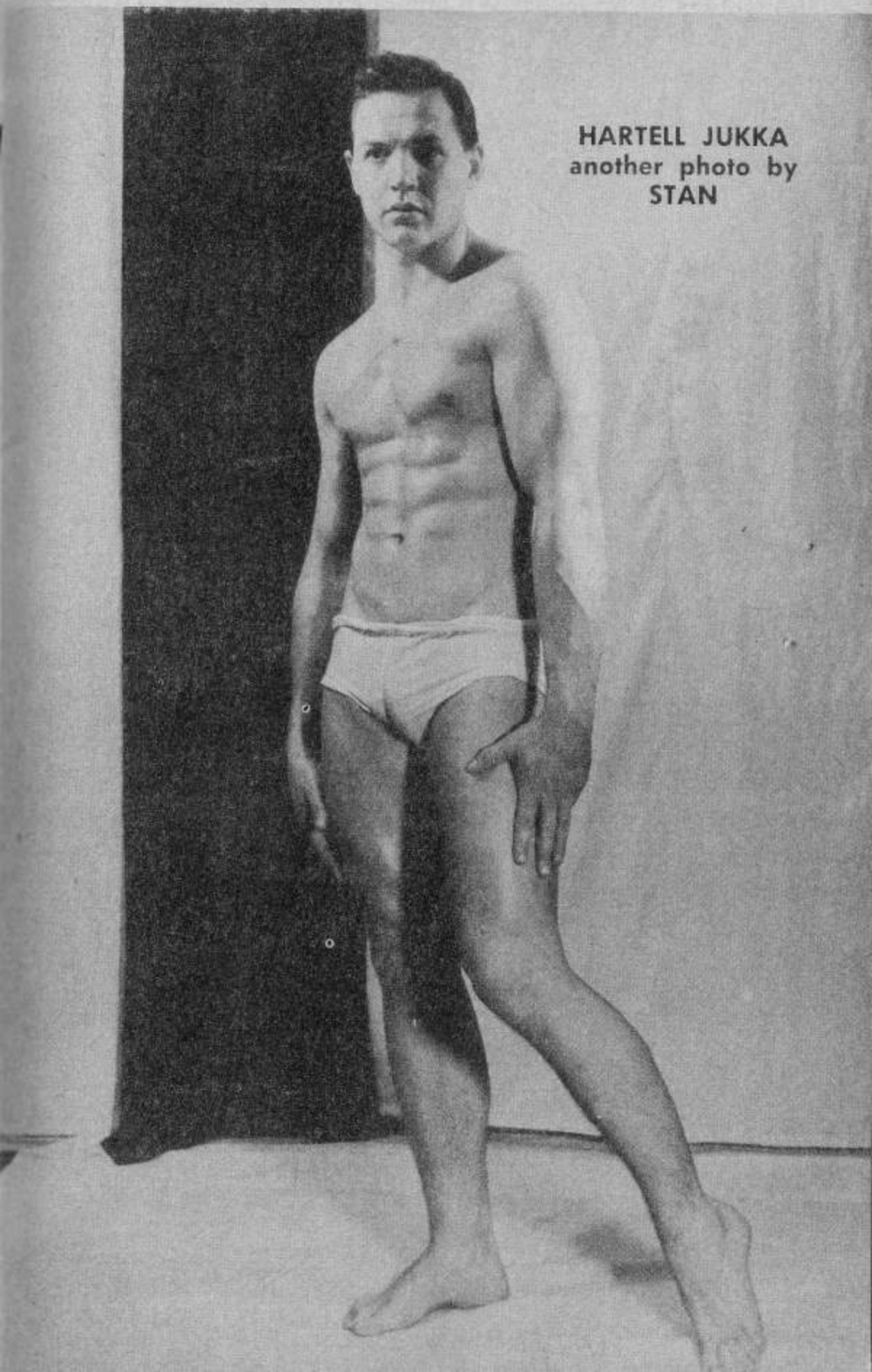

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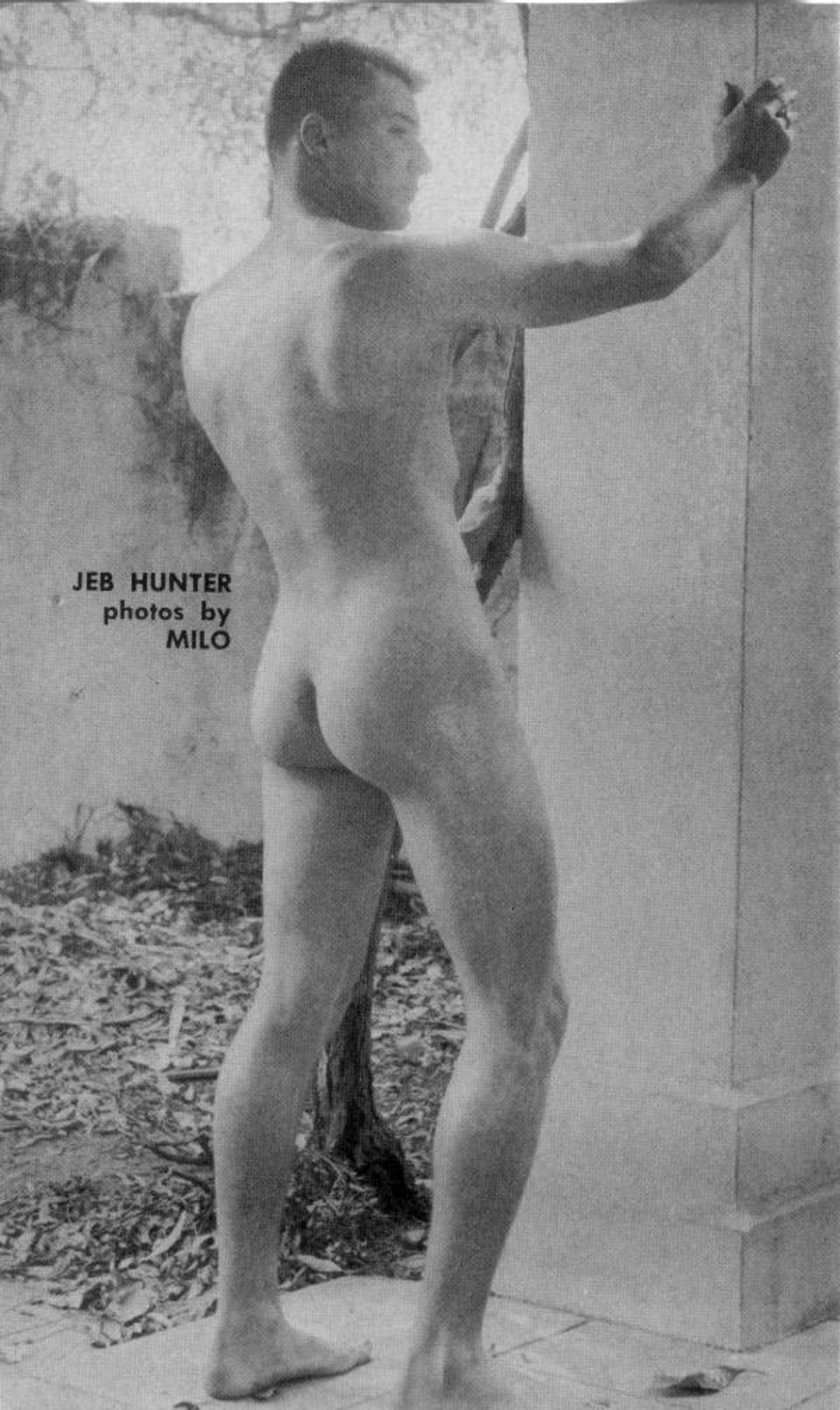
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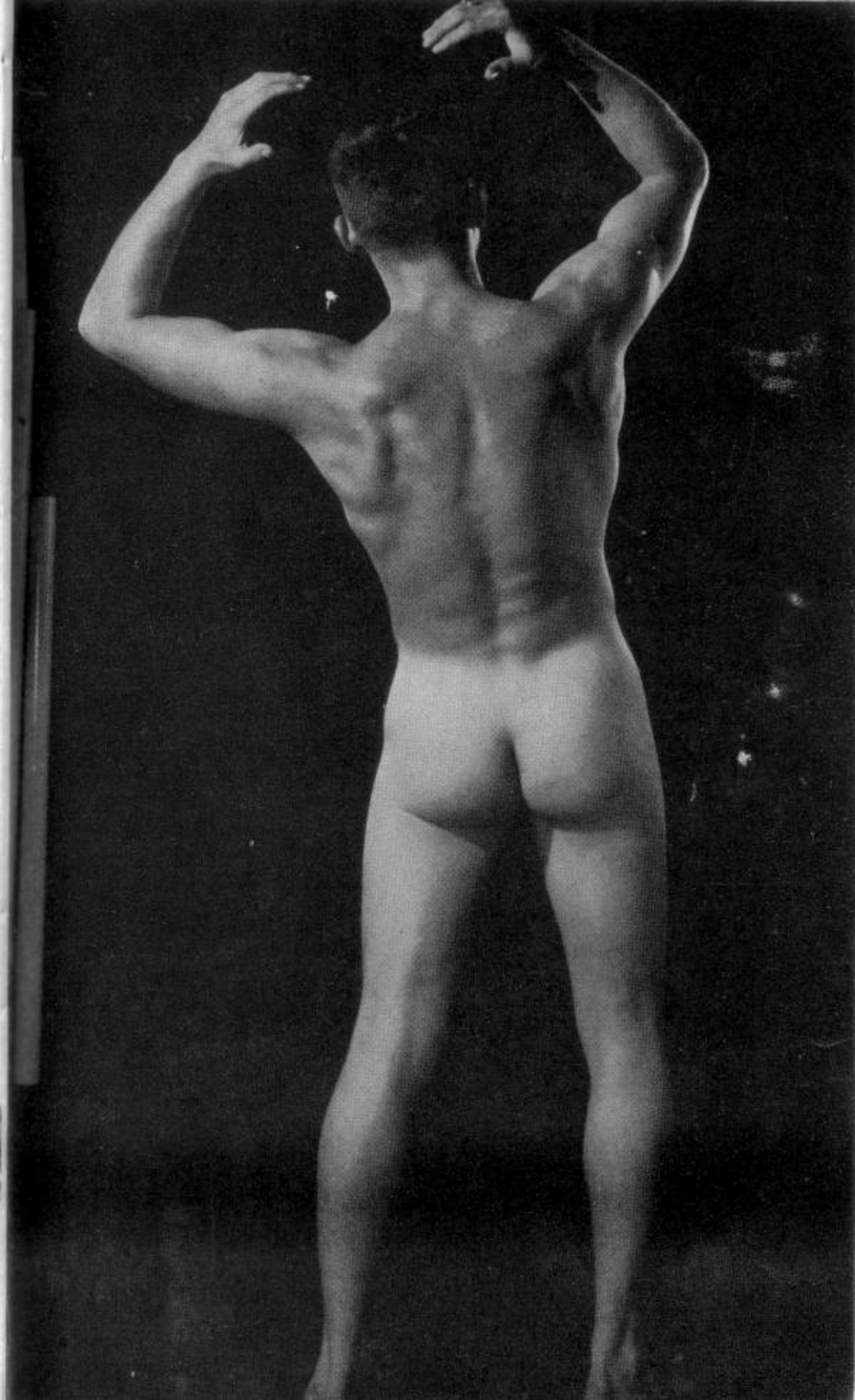

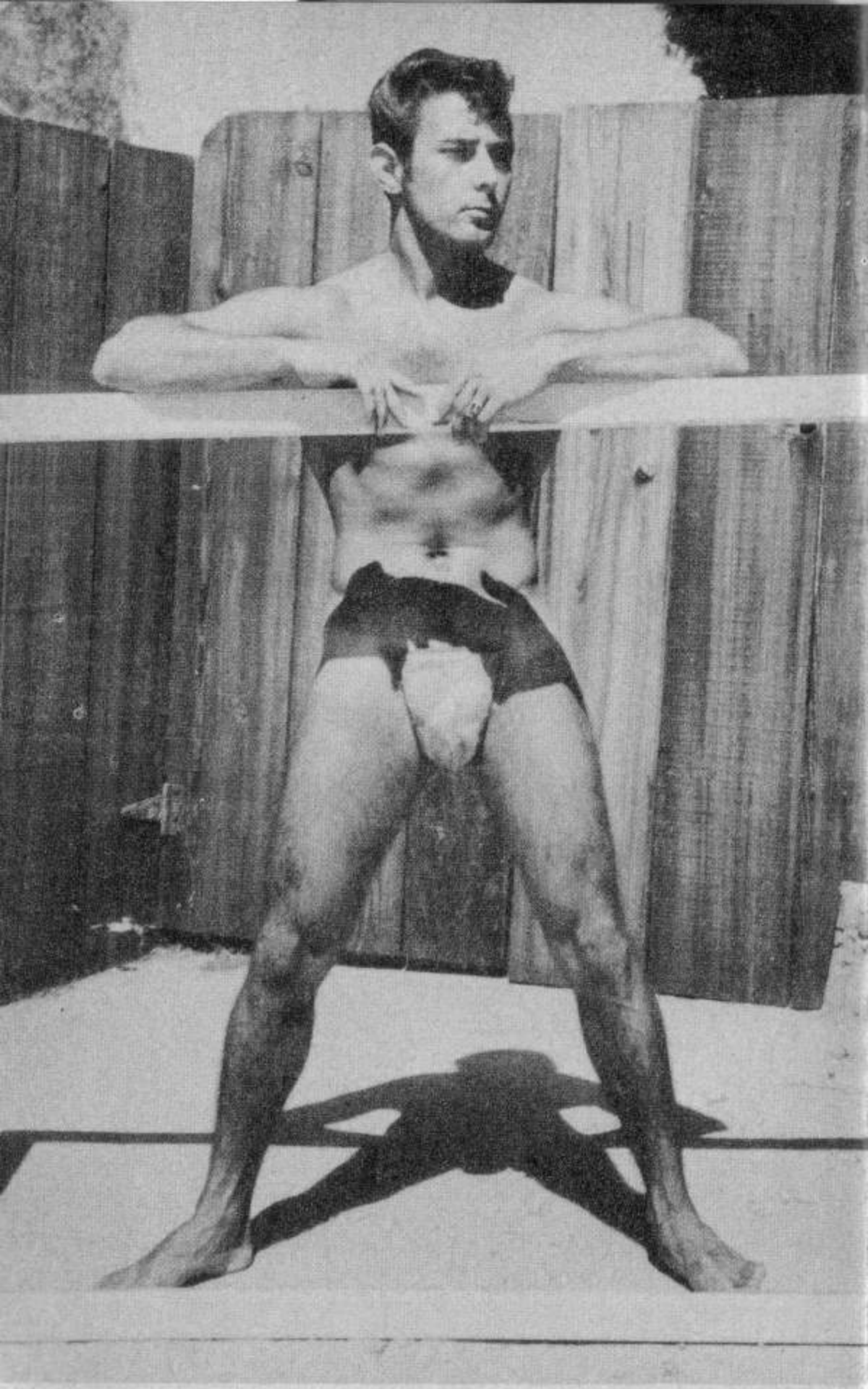

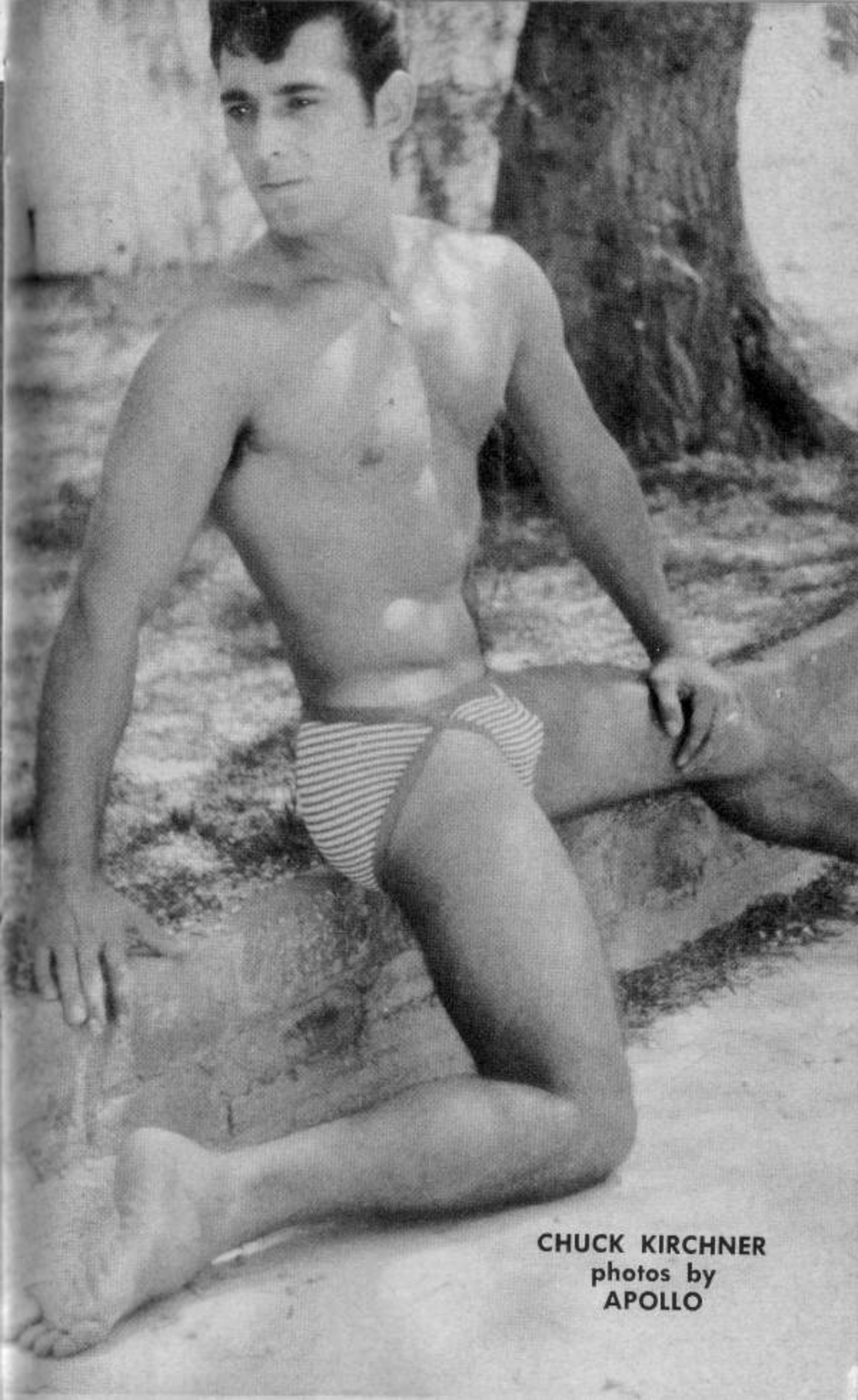

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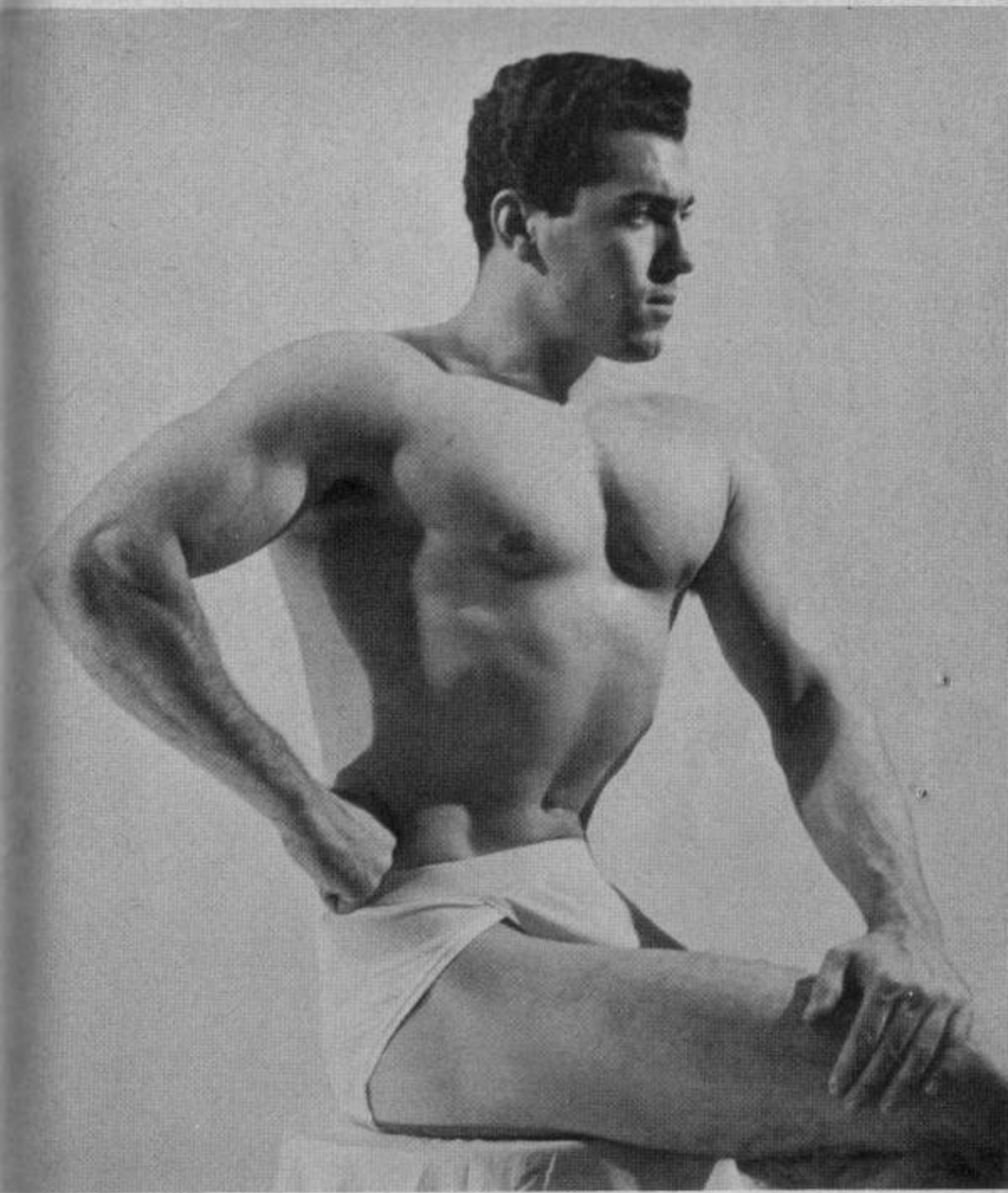

WILLY RIOS
poses for a
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17 year old
JOHNNY HOLDEN
a future champ!
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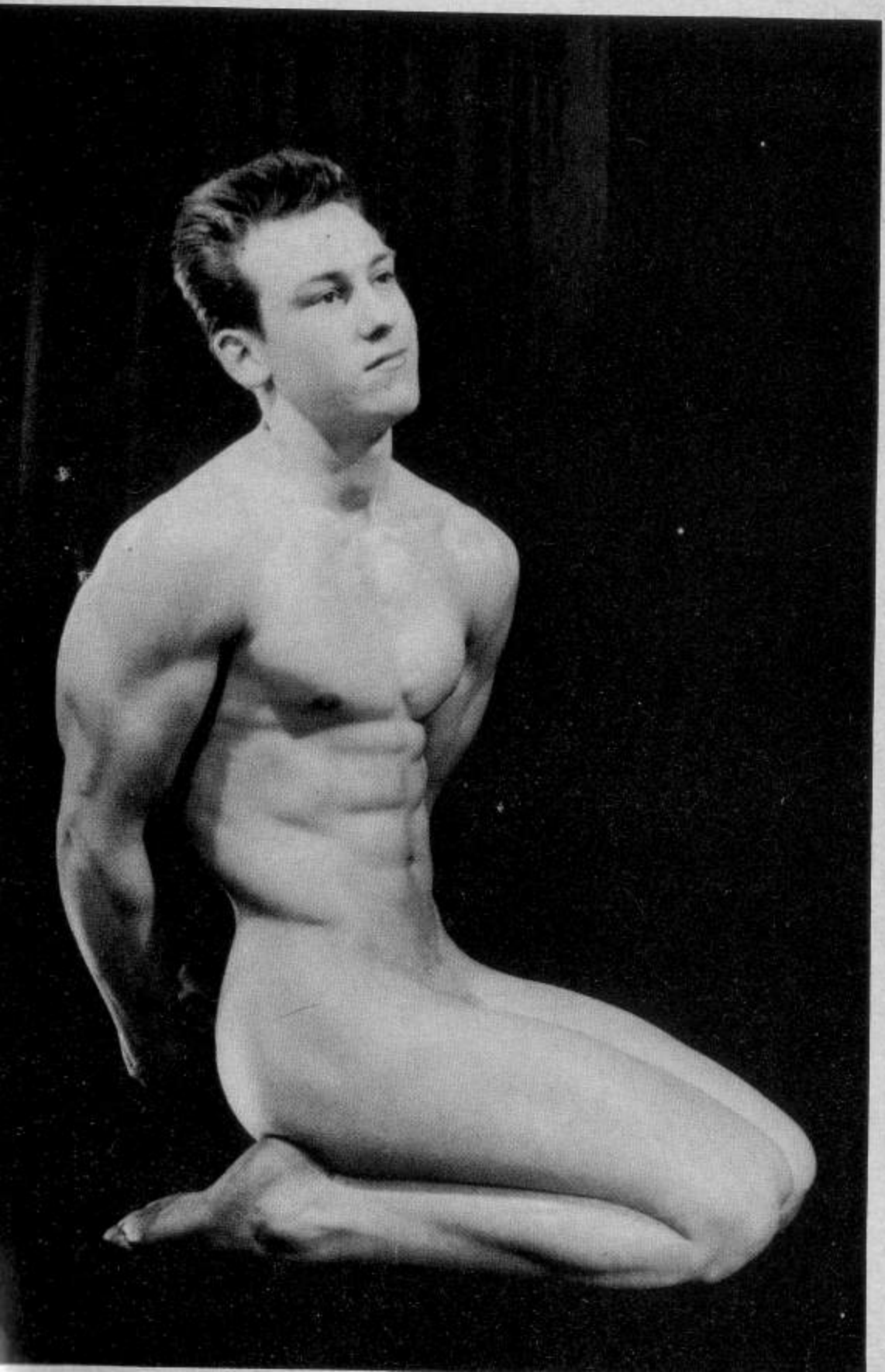

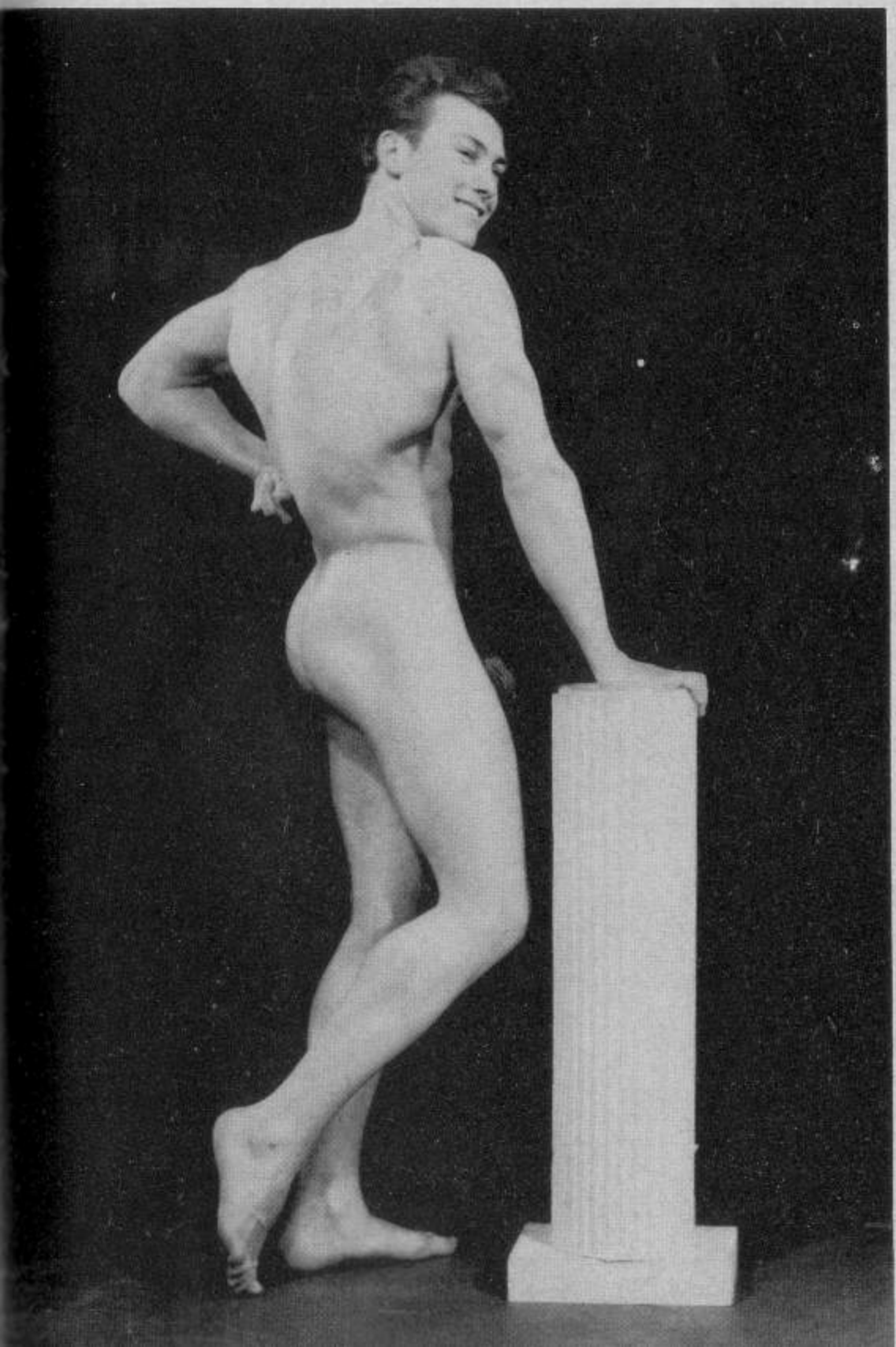

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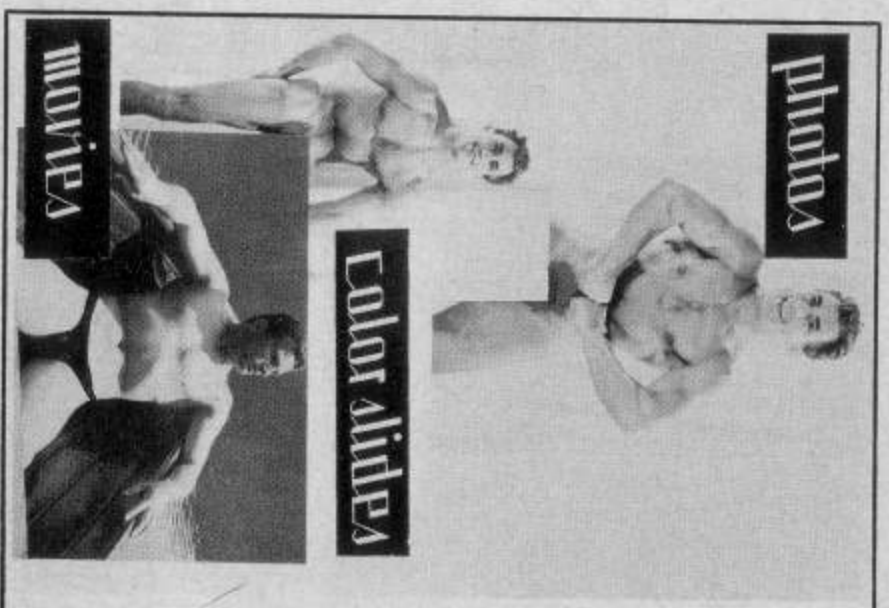

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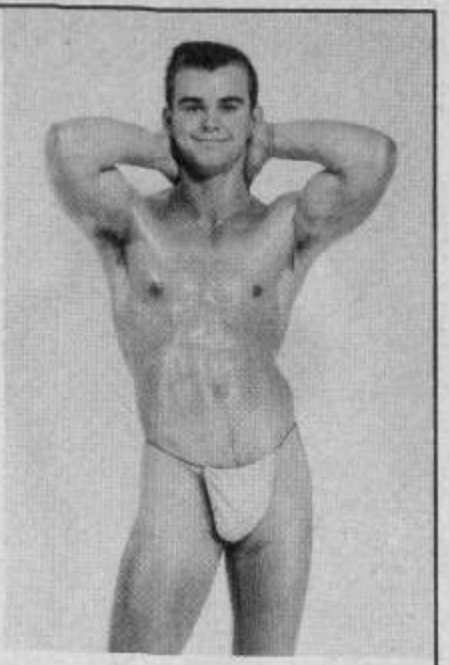

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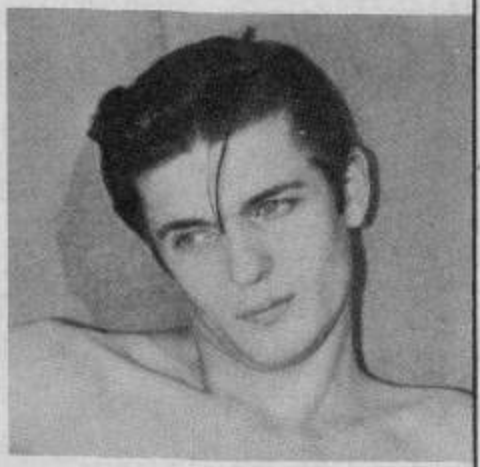
Age: 19
Weight: 150 lbs.
Height: 6'

Interested in dramatics and acting, digs good jazz, especially the 'deep blues'; has a good singing voice and style.



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North Star

21 WASCANA TORONTO, ONTARIO CANADA

Glen Reich, seated, and Johnny Menendez, standing, pose for Kris Studio in many "at home" photos.

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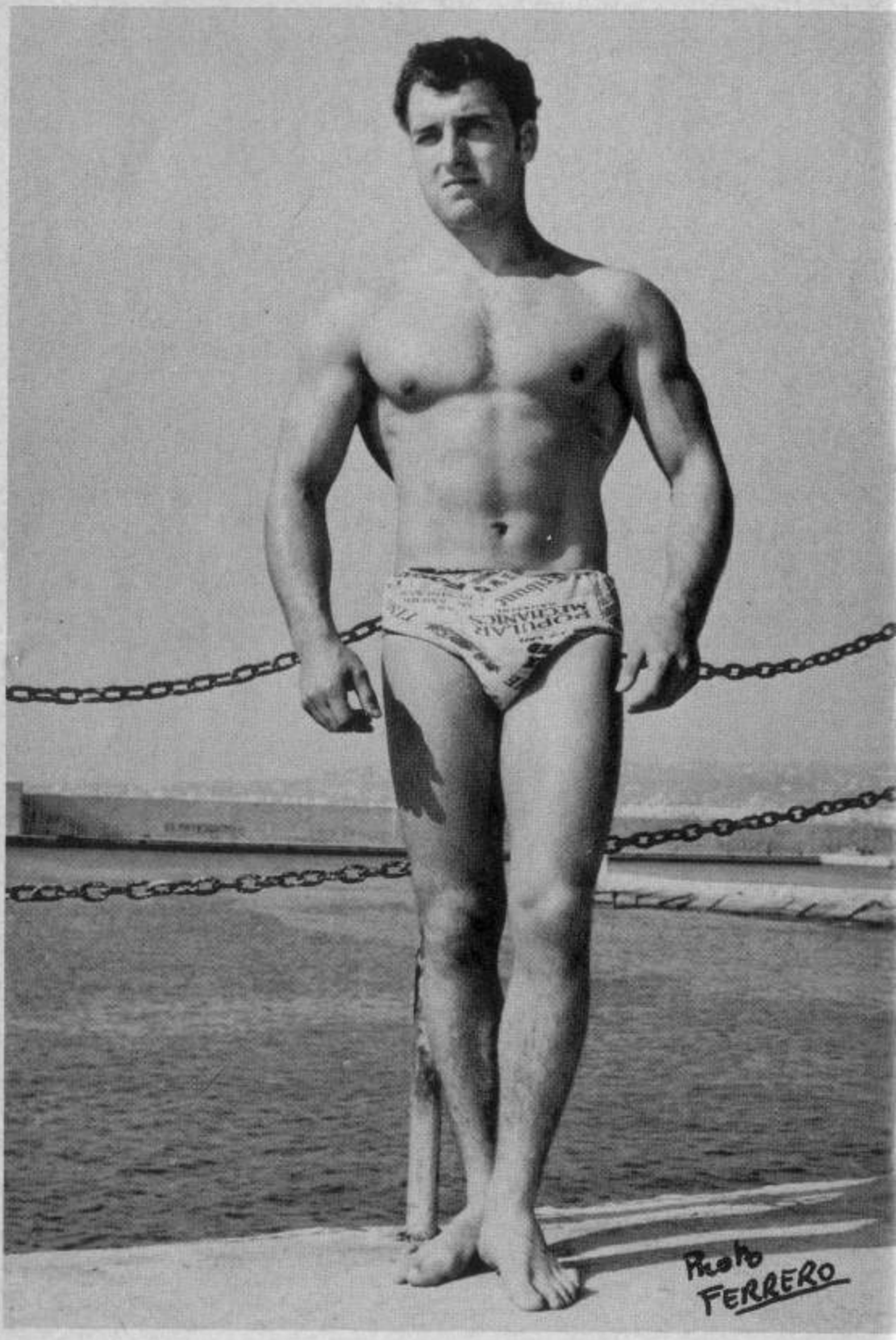
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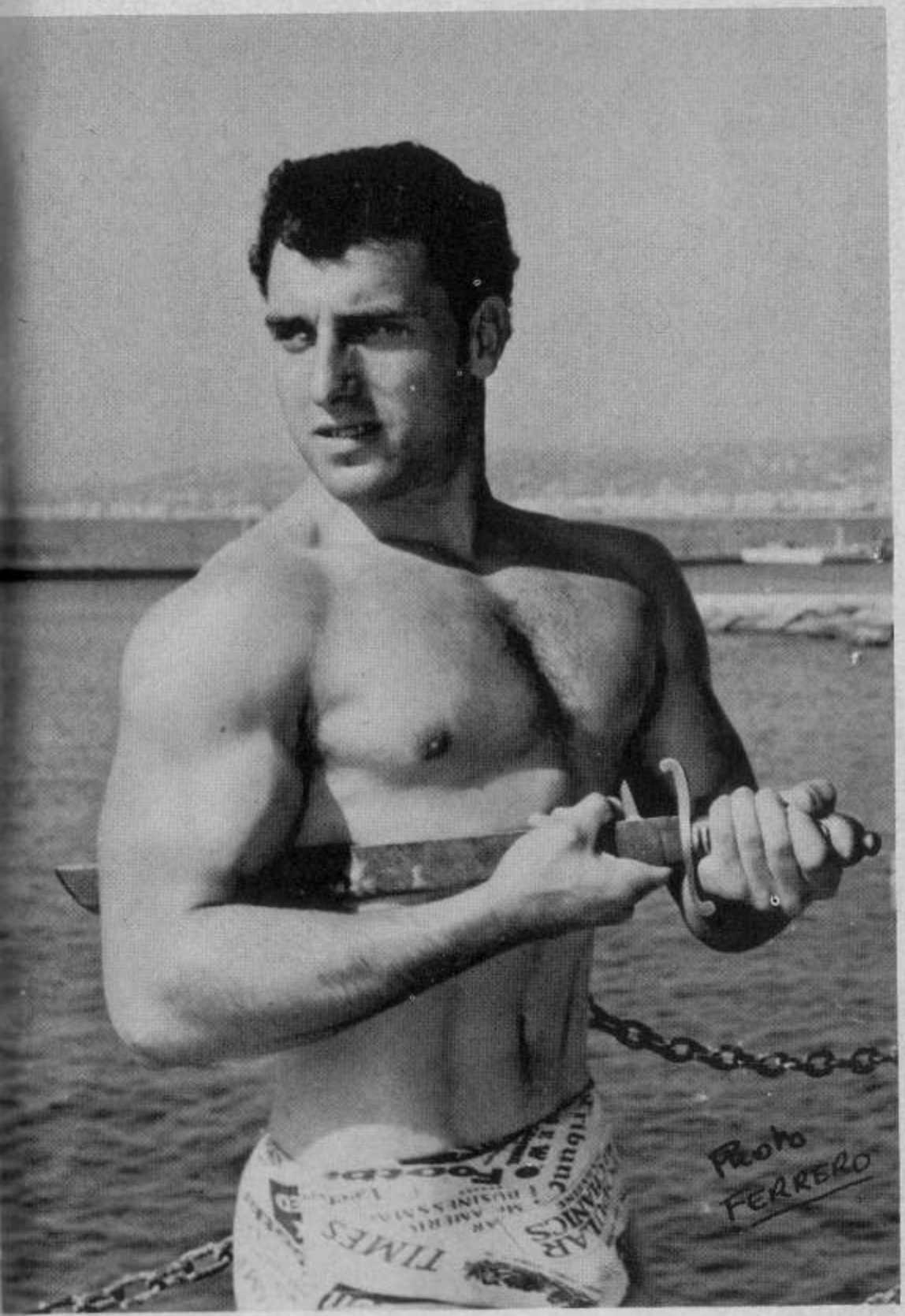
FERRERO

A YOUTHFUL PHYSIQUE



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Blond

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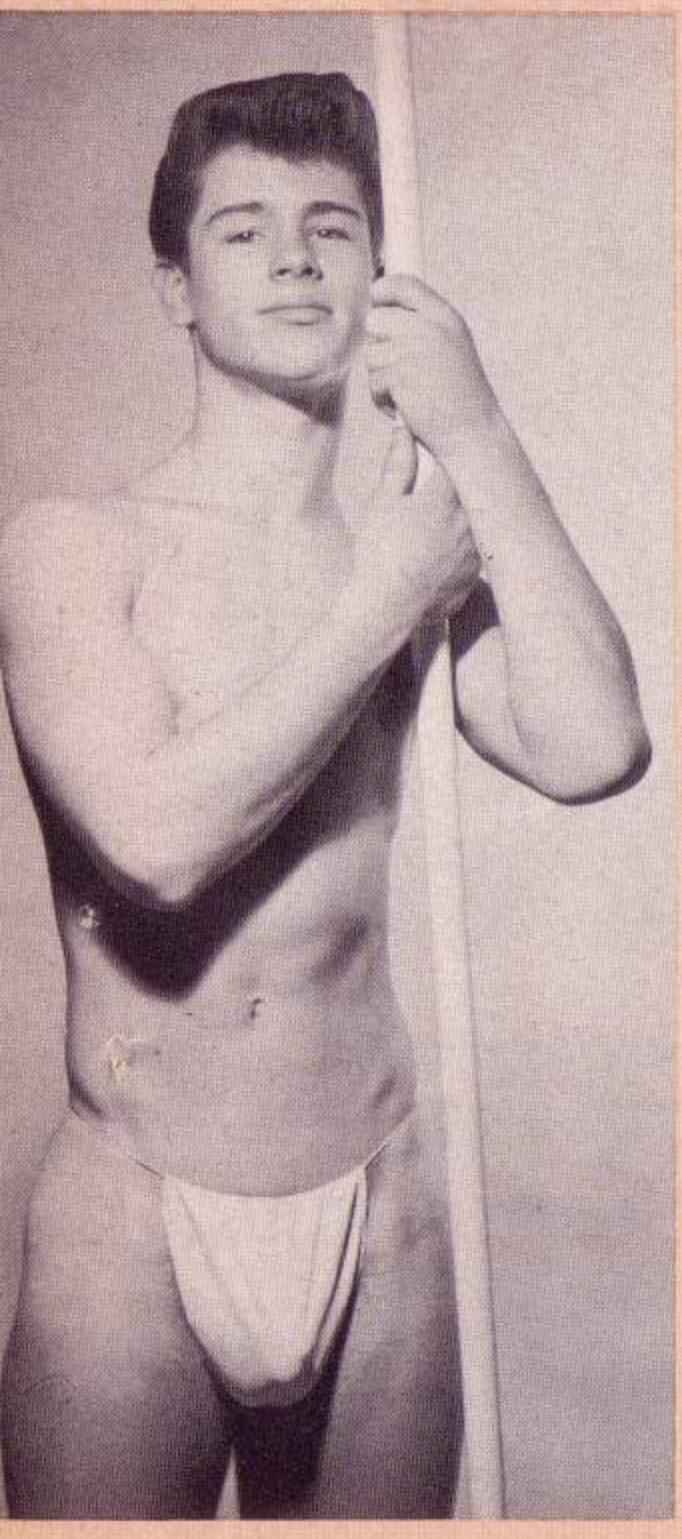

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Adam, P.O. Box 889, Grand Central Station, N.Y. 17, N. Y.
Bob Anthony, 910 West End Ave., N. Y., N. Y.
Apollo Productions, 5880 Hollywood Blvd., Hollywood, Calif.
Studio Arax, 31 Blvd., Raspail, Paris VIIe, France (Note no catalogs available, Prints $1 Each with a minimum order of six)
Jon Arnt, 1302 E. Pike, Seattle 22, Wash.
Atelier, Alpha, Box 6239, Johannesburg, South Africa
Athletic Model Guild, 1834 W. 11th St., L. A. 6, Calif.
Atlas-Trade, P.O. Box 521, Aarau, Switzerland
B & B Studios, P.O. Box 65983, Gassel Sta., Los Angeles 65, Calif.
BC/T Studio, P.O. Box 749, New Haven, Conn.
BM/VADC, London W.C. 1, England
Glenn Bishop Studio, P.O. Box 461, Grand Haven, Mich.
Bruce, 11762 Kensington Road, Los Alamitos, Calif.
Cal-Model, Box 285, San Francisco, Calif.
Capital Studio, Box 2512, Washington 13, D.C.
Colart, 76 King Street, Southall, Middx., England.
Photo by D. P. O., Box 183, Old Chelsea Station N. Y., N. Y.
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Etienne, P.O. Box 1251, Chicago 90, Ill.
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Falcon Studio, Box 568, Franklin Station, Washington 4, D. C.
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Paignton, 86, Castelnau, Barnes, London, S.W. 13, England
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TYC, Box 365, El Cerrito, Calif.
Titan, P.O. Box 1313, San Francisco, Calif.
Al Urban, 406 E. 73rd St., N. Y. 21, N. Y.
Ken Wallace, P.O. Box 38471, Vine Sta., L. A. 38, Calif.
Western Photography Guild, Box 2801, Denver 1, Colo.
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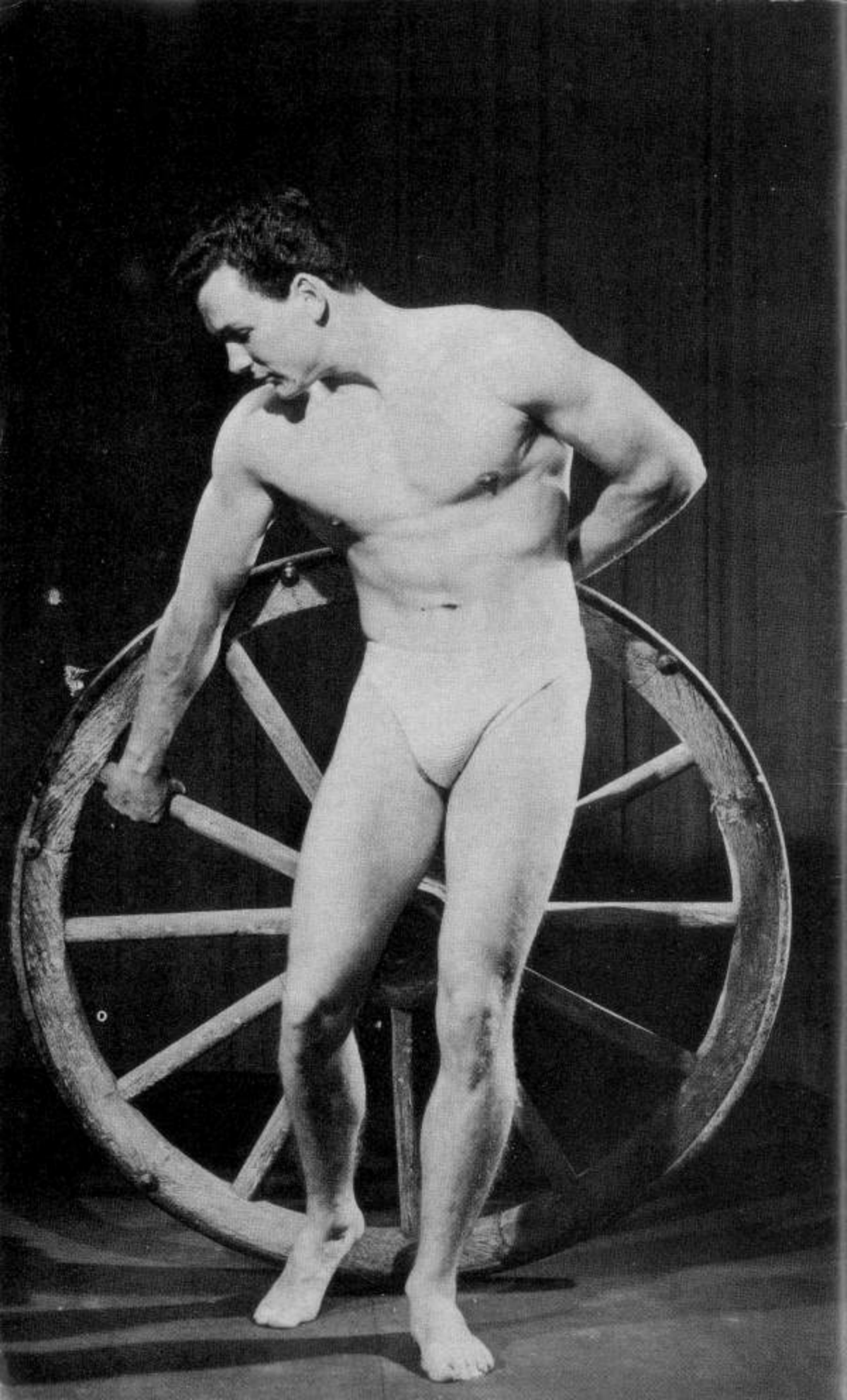

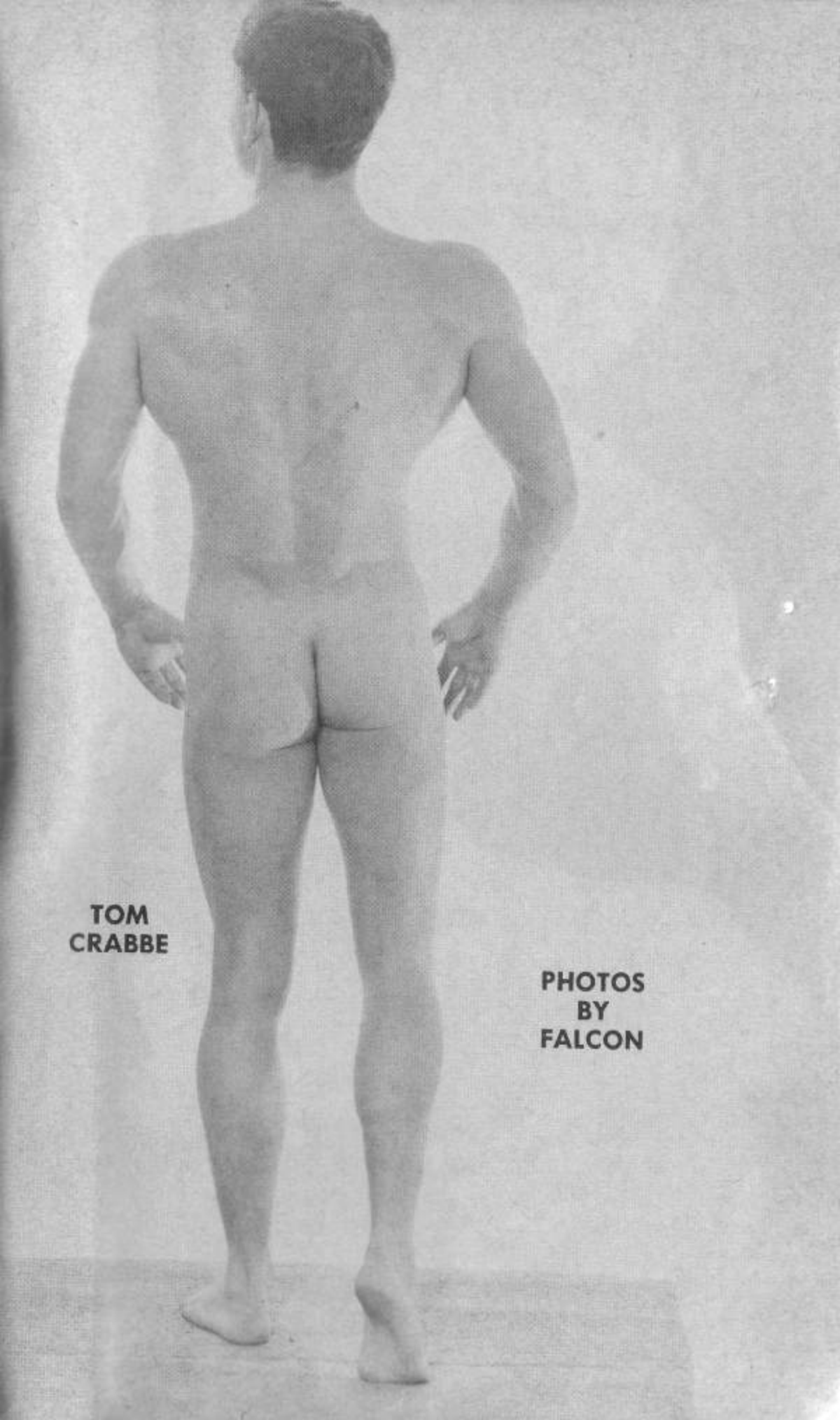
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